Dancer  

**Badge Overview**

Do your feet start to tap when you hear a great song? Get ready to jump up and move to the beat in this badge. You’ll learn fun warm-ups, perform steps from new dances, and make a dance of your very own!

**Badge Components**

1. **Warm up and get moving**
   - It’s important to stretch and warm up your body before dancing, and yoga is a great way to do that!
   - Earn this step by trying out each of the poses in this [graphic](#).
   - Don’t forget to switch sides and try the pose on the other side!

2. **Try a new dance**
   - Earn this step by trying out this “dancercise” [video](#) to get some exercise while learning new moves! It’s ok if you have to try it a few times to get the moves down; practice makes perfect!

3. **Take to the floor like a dancer**
   - There’s more to being a dancer than getting the steps right! In 1930, Girl Scouts earning their Dancer badge had to demonstrate both a curtsy and deep curtsy, the proper carriage in walking, and the correct standing position.
   - Earn this step by practicing your posture the old fashioned way, by learning to walk with a book balanced on your head! It was believed this would teach young ladies how to keep their back straight, elongate the neck, and keep the eyes facing forward.

4. **Make up your own dance**
   - Earn this step by creating your own dance to your favorite song!
   - Use moves you know as well as new ones you create, and make sure you remember them for the next step!
   - **HINT:** Write down or video your dance to help you remember and perfect your moves.

5. **Show your moves!**
   - Earn this step by sharing your new dance with others!
   - Put on a performance for your family, and then host a dance class to teach them the moves so they can join in!
   - **BONUS!** Take a video of your dance to be able to watch yourself and share it with others.

**Materials**

- Access to internet
- A book
- Phone or video camera
- Something to write with

**Florida Educational Standards**

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

Click here for more information on how Girl Scout Badge-work supports Florida’s educational standards.

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