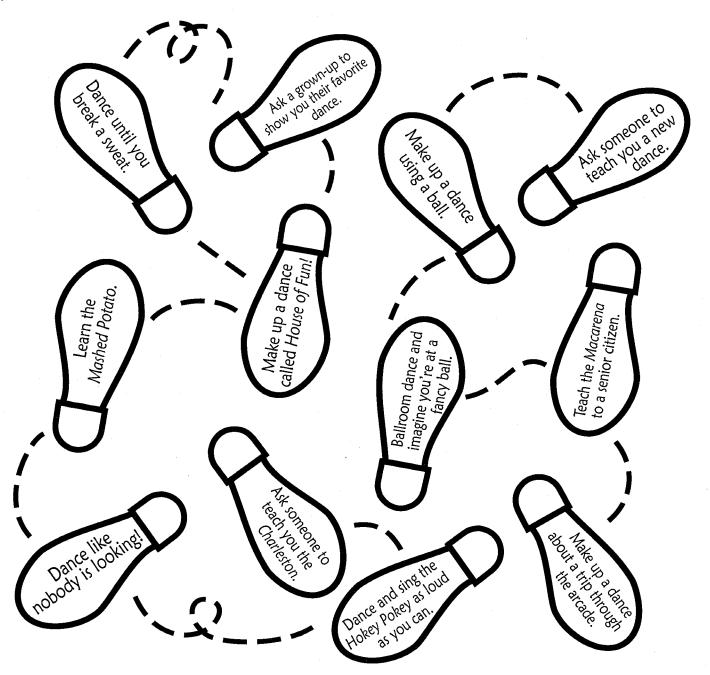




It has been said that in life you should dance as if nobody is looking. And if you dance like some of us here at SPARK, it's probably a good thing that nobody is looking! Nevertheless, what matters most is that you move – not how well you dance. Dance means many things to different people. Some dancers are proper. Some dancers are professional. And some folks just like to shake their...well, you know! Dancing is great exercise and is a part of every culture in the world.

Below are a few fun steps to try. When you complete a step, color in the heel of the shoe print. So pull close the curtains, turn up the music, and dance your little heart out. We promise not to peek.





Some Things You Really Must Know

You may not know it but you are part of tradition. Chances are you know a couple of dances that will be danced by generations to come. Ever heard of the YMCA? How about *The Macarena*? Dance crazes and fads have been a part of every generation. Go ask your parents and grandparents.

Amazing "Feets!"

Some of these amazing "feets" of dance are official world records and are both interesting and inspiring. Use your feet to accomplish some amazing "feets" of your own!

★ Longest Dance Marathon – Mike Ritof and Edith Boudreaux danced for 5,152 hours and 48 minutes. They started on August 29, 1930 and finished on April 1, 1931. They won \$2000.

- ★ Fastest Tap Dancer Michael Flatley of Ireland broke his own Guinness Book record in February 1998 by tapping 35 times in JUST 1 SECOND!
- **★ Longest Dancing Dragon** In February of 2000 a 10,000' Chinese dragon wiggled and danced along the Great Wall of China.
- **★ Longest Line Dance** 12,168 dancers danced for 7 minutes and 40 seconds in Hong Kong on December 29, 2002.
- * Longest Dance Machine Record Drew Gamble danced for 37 hours to "Konami's Dance, Dance Revolution Extreme" game. He was allowed only 30 seconds rest between songs and a 15-minute break every 8 hours.

TUS ENISOU

- Q What is a pig's favorite ballet?
- A Swine Lake!
- Q Why are dogs bad dancers?
- A They have 2 left feet!

- Q How do you teach a tissue to dance?
- A Put a little boogie in it!
- Q How do hens dance?
- A Chick to Chick!

GRADES 3-6 HOSE PUPPIES

"Puppies" is a 1950 slang word for feet. We know you have been boogying yourself blue and your "pups" need a break. Check out these sites before the band strikes up another song. Don't sit out too long, though, we need you out there to cut a rug, bop till you drop shake your tail feathers, and twist and shout.

http://www.dancersdreamland.com

Dancers Dream Land – A rock around the clock
resource related to anything and everything dance.

http://www.dance-kids.org
Dance Kids – A website for kids who love to dance.