



FREEZE DANCE

Directions

- One person starts the music while everyone in the group dances in freeform style. When the music is turned off, everyone freezes. Anyone who moves before the music turns back on has to leave the dance floor. The person in charge of the music turns the music back on, and the rest of the players dance again. Continue until only one person is left on the dance floor.



Safety Tip: Always get your parents help or permission before attempting this move (you never know, they might want to join you!).