

# GROOVE WITH JAZZ DANCE

Kids can move to their own groove with jazz dance, one of the coolest dance activities for kids! Pick up the beat, grab the mood, and strut to classic jazz, bebop, or Dixieland swing.

Use the basement or family room as your kids' personal jazz club.

## T H I N G S   Y O U ' L L   N E E D

- Fast or slow jazz music
- Smooth floor
- Mirror (optional)

## I N S T R U C T I O N S

- Help the kids explore several types of jazz music by finding radio stations that play jazz.
- Find the kind of music they feel like dancing to. Listen to the rhythm, and then try to follow it with your feet and other parts of your body. Be creative!
- If you want, practice in front of a mirror to refine your moves. You can "interpret" the music with your steps and with your movements.



I JUST LOVE  
TO DANCE.

FUTURE  
DANCER