



Ribbon Dancing - All Grade Levels

THINGS YOU'LL NEED: Ribbons and music

INSTRUCTIONS: For this activity, spread the students wide enough so that their ribbons won't get tangled with their neighbors. The students will be making different motions and going in different directions. These motions and directions will be put into a combination to make a short dance routine.

First, review with the students the shapes and motions they'll be making with their ribbons, and then try the combos listed below.

Ribbon motions & directions

- Circle (in front of the body)
- Sea waves
- Helicopter (circle over the head)
- Vertical lines (up and down)
- Horizontal lines (left to right)
- Vertical zig zags
- Horizontal zig zags
- Spirals
- Infinity symbol

D A N C E



Combos

2 circles to the RIGHT, 2 circles to the LEFT (each Circle is 2 counts) (8 counts total)

Sea wave to the RIGHT (4 counts), sea waves to the LEFT (4 counts)

Helicopter circle to the RIGHT (4 counts), helicopter circle to the LEFT (4 counts) (turn the ribbon above your head going to the right and left OR clockwise and counter clockwise)

Vertical lines up & down (8 counts)

Horizontal lines LEFT to RIGHT (8 counts)

Vertical zig zags (4 counts), horizontal zig zags (4 counts)

Spirals on the RIGHT side of the body (4 counts), spirals on the LEFT side of the body (4 counts)

Infinity motion (8 counts)

This activity can be done using different types of music/songs (fast or slow).

As long as the count has a 4/4 count, the combinations suggested will go perfectly. Encourage the students at some point during the activity to create their own combinations and movements. This will inspire students to be creative and joyful.

Please refer to the Dance Videos section for the Ribbon Dance Tutorial as a reference to this activity

Example of songs

The faster the tempo, the faster the movements Choose songs based on students' comfort level

- You'll Be in My Heart - Phill Collins
- It Will Rain - Bruno Mars
- Never Enough - Loren Allred
- Home - Nick Jonas
- Happy Together- The Turtles
- Finesse - Kidz Bop