

# Exploring the Elements of Dance Series

## BODY - Finger-Body-Finger – Part 3 – Grades 6-12

**Needed Material:None**

**Instructions:** When the music starts, begin dancing with just your little finger. Now add your other fingers, hands, arm, head, other arm, torso, etc. Now, your whole body is dancing. When you're ready, one body part at a time will become motionless. Work your way from the bottom to the top by starting with a leg, then the other leg, hips, torso, an arm, your head, then one arm, a hand, and lastly a finger is left dancing.

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