

Dancing Dice – Trendy Hip-Hop Moves – Middle School-HS Students

THINGS YOU'LL NEED: Make a cube OR use dice, & music

Instructions: If you are using dice: Give numbers 1-5 a dance move and number 6 will be labeled Freestyle.

1. Dab
2. Milly Rock
3. Nae Nae
4. Roy Purdy
5. Shoot
6. Freestyle

If you are making the cube: You'll need a cubed tissue box, construction paper, label, and a permanent marker. You do not have to use construction paper or permanent marker, but can make the cube as decorative and fun as you'd like. The main objective is make sure the cube has a movement written on each side.



First, cut the construction paper to fit the sides of the box. Secondly, tape or glue the construction paper on all sides of the box. Then, write the names of the movement on the labels, and tape or glue one label on a side of the cube.

Turn on some upbeat music (genre: pop or kidz bop for trendy hip hop songs).

Spread the students around in a circle or sporadically throughout the room and each student will roll the dice. Whichever number or labeled side the dice lands on, will be the movement one student will do OR what they all can do together. If the students would prefer to do a solo, cheer them on and let them do the move for 30 seconds to 1 minute (or for however long they feel comfortable) and have the student pick the next student to roll the dice.

You can keep playing this game until everyone has had a turn and/or all the movements have been done. A video showing the moves can be found in the dance video section of the website.

