

# Give it a Go

## Guides

### Dancing badge



To gain your 'Give it a Go' dance badge, you should try each of these activities below with the help from your leader or attend a dance taster session with a local instructor.

- Research a dance from another country

[Click here to buy badge](#)

1

#### Activity 1 - Pass it on

- Memory game: One person starts off with a dance move and passes it on to the next.
- Second person will copy the first dance move and add her own.
- This continues until someone forgets the dance move

2

#### Activity 2 - Your choice

- Choose a type of dance that is of interest to you and share it with your unit.
- Create a small routine to your favourite type of dance and music.

3

#### Activity 3 - Strictly come dancing

- In pairs create a routine that involves a type of dance you would find on strictly come dancing.

4

#### Activity 4 - Emoji dance

- Your unit leader will select an emoji.
- In pairs/small groups you have to create a dance move or small routine to the theme of the emoji.
- You will choose the music that best fits the routine and the theme of the emoji.

