

# Girl Scouts Dance Workshop

Fun Patch will be given to those who participate

Daisy, Brownies, Junior, Cadette, Senior, and Ambassadors are Welcome

*\*Each Age group will be trained separately*

# of Participants: up to 25 per time slot (minimum: 10)

Time: 1hr

Troop Leaders - email [SmoothRhythmDance@yahoo.com](mailto:SmoothRhythmDance@yahoo.com) to schedule your workshop.

## *4 Elements of Dance:*

With proper instruction, dance skills can help develop important aspects of a Girl Scout

1. Balance and Body Control
2. Posture
3. Self Confidence
4. Team work

## Description:

In a one hour class, Smooth Rhythm will be offering instruction in the dance style of Jazz. Jazz dance involves a range of lively, often sensuous body movement and percussion techniques, with a mixture of Broadway steps, social dances, and ballet. Balance and Body control, Posture, and Self Confidence will be addressed with instruction in turns, walking, and kicks.

The girls will enjoy putting their new skills in the spotlight as music will be added to create their simple and unique choreographed routine.

Ready Girls? Lets sweat and have a great time.

Lights, Camera, Action!