

Alpine Dance Academy

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Read a DANCE related book
Write the title here:

Research a dancer who has changed the dance industry and write a paragraph about them

Do 10 push ups and 10 burpees and 10 sit ups

Practice your dance facials in front of a mirror

Draw a picture of how you feel when you dance

Teach your favorite dance step to someone

Do 25 squats or 25 jump lunges

Practice your perfect recital bun

Do all your recital dances without music—Then again with music

Watch a DANCE movie
Write the movie name here:

Write a letter to a dancer who inspires you

Tell someone 4 reasons you like to dance


Free

Do 25 jumping jacks

Do a virtual lesson or warmup from our website

Actively stretch for 12 minutes

Find a song and choreograph a dance to it

Make sure all your dance shoes and dance clothes are labeled

Do an ab workout

Send the studio your 3 favorite songs to dance to
to
alpinedancefun@gmail.com

Clean out your dance bag

Check in with somebody from our dance family

Count how many bobby pins and hair ties you own

Design a dance costume

Lead a family warm up