



The Make Every Dance Step Count Patch program is set up so that you and your troop can explore the world of dance.

There is a lot of information about dance all around us. After an introduction to dance, you will have the opportunity to select styles that interest you. For each style you will learn a bit of history and how to execute a few basic steps. In this packet of information we have included many links to videos and pictures with information on the different types of dance. The best way to learn dance is to do it. So make sure to get out and dance!

Happy Dancing!

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We thank Chasta Hamilton Calhoun and Mary LeGere, artistic director of Raleigh Dance Theatre for their support and development of the Make Every Dance Step Count Patch Program.

Requirements:

All Girl Scouts - Must complete the four sections:

- Section 1- Introduction to Dance
- Section 2- Learn Dance
- Section 3- See Dance
- Section 4- Dance

The sections must be completed in order!

Remember to answer the questions that are marked with a “*”. These questions were developed to get your troop thinking and reflecting.

Section 1- Introduction to Dance

WHY DANCE?

You may dance at a studio where you receive formal training. You may dance with friends to your favorite music at home. You may dance in social scenarios, such as a school event or at a family special occasion like a wedding. Whatever the reason, people typically dance because it is fun, and it is a great way to exercise and interact with friends!

In addition, studying dance instills discipline, self-confidence, poise, and requires time management and organizational skills- all things that are useful no matter what you do in life. You will also have an appreciation for the arts that you will treasure for your lifetime.

* Answer the questions:

- What are three reasons people dance?
- Why do you dance?

DIFFERENT STYLES OF DANCE

There are many different styles of dance, ranging from the classically known styles (i.e. ballet) to street styles (hip-hop) to cultural styles. Several styles of dance are listed below. Read through the list, and if any of your troop members can demonstrate the styles allow them to do so for the troop. If no one from your troop has dance experience, look up a few videos of dance styles, so your troop is familiar with them.

- | | |
|--------------------|------------------------|
| • Classical Ballet | • Disco Dance |
| • Tap Dance | • Lyrical/Contemporary |
| • Jazz | • Hip-Hop |
| • Indian Dance | • Modern |
| • African Dance | • Clogging |
| • Ballroom Dance | • Irish Dance |
| • Latin Dance | • Scottish Highland |
| • Swing Dance | • Scandinavian Dance |
| • Liturgical Dance | |

Of course, this is just a taste of the many styles and cultural traditions that exist in the world of dance!

*** Answer the questions:**

- How many types of dance did your troop know?
- Which styles are you most interested in learning about?
- Can you name the countries where the different dance styles originated?

DIFFERENT CAREERS IN DANCE – JUNIORS/CADETTES/SENIORS/AMBASSADORS ONLY

If you love dance, you may wonder what you can do with it as a career. Several options are listed below. Look at the options and research and answer the questions about one of the careers.

- Careers
 - Dance Instructor
 - Studio Owner/Artistic Director
 - Choreographer
 - Broadway Performer
 - Cirque du Soleil Performer
 - Competition Judge
 - Professional dancer in a Company
 - Theatrical Performer
 - Dance Therapist
 - University Professor
 - Elementary/Middle/High School Instructor
 - Arts administration for Dance or Theatre Companies
- Questions to research:
 - What does this person do in their job every day?
 - Where do they work?
 - What do they wear for their work attire?
 - What schooling is required?
 - Would you want to do this job?
 - If you know someone with this job have them come talk to your troop! Or ask if you can shadow them.

Section 2- Learn Dance

Based on the requirements below, learn about a few different dance styles. There are many to choose from. If someone in your troop is familiar with a style not on the list, have them teach you! You can count styles learned that aren't in the packet.

Daisies/Brownies/Juniors- Learn 2 dance styles

Cadettes/Seniors/Ambassadors- Learn 3 dance styles

Troop leaders- Teaching dance can be difficult when you aren't familiar with the style or aren't comfortable dancing. Get creative and use your resources wisely as you work through this program with your troop. Here are some resources to help you work through this patch program:

- Check out the council offered workshops,
- Take your troop to a local dance class
- Invite a professional to teach a style
- Have a experienced troop member teach a style
- Video links throughout program*

***We've included many video link to help you teach your troop dance. If a link isn't working please email programteam@nccoastalpines.org to let us know!**

Dance Style 1: Ballet

WHAT IS BALLET?

Ballet is a physical and visual art form that tells a story using music and dance instead of words. Ballet consists of movements that have been developed over the centuries. Classical ballet is found all around the world: Europe, the United States, China, Japan, Russia and South America

HISTORY

Ballet has been around for about 400 years. The roots of ballet come from Italy where it was named. The word "ballet" comes from the Italian "ballo" which means "a dance" and from "Balletto" which means "little dance." When ballet first started, dancing was only part of a larger performance that included music, songs, and poetry. Later, in France, ballet began to be performed on its own with dance telling a story by itself.

At first, these ballets were only performed by noble or wealthy rich men. Ladies were not allowed to dance! Ballets were performed only for the nobility - kings, queens, lords and ladies. The steps came from popular court dances of the day. Later there began to be professional dancers and dancing schools. Performances were done in theaters where the general public could come and see the ballet.

For a long time France was the center of ballet. In the mid 1600's Louis XIV, the Sun King, established the Royal academy of Dance and Music. It was in France that the five basic positions of the feet were named. Most ballet steps have French names. The terminology is French and is understood in every country where ballet is taught, although teachers and pupils may not know a word of French other than those words used in the ballet classroom.

In the mid 1800's women began using specially made shoes to dance on tips of their toes. This, combined with wearing lighter costumes, made them look weightless and airy. One of the first women to dance on pointe was Marie Taglioni who performed *La Sylphide* – a ballet still in existence today.

Pick 2 of following people or organizations from the history of ballet to learn more about:

- Pierre Beauchamp
- Marius Petipa
- George Balanchine
- King Louis XIV
- Anna Pavlova
- Martha Graham
- Jerome Robbins
- Enrique Cecchetti
- American Ballet Theatre
- New York City Ballet
- Mikhail Baryshnikov

- Alvin Ailey American Dance Theater
- Marie Taglioni

***Answer the questions:**

- Which King had a large influence on the creation of ballet?
- What language is Ballet vocabulary? Why?
- Why and when did women start to dance en pointe?
- What do you think of when you think of ballet?
- Who has taken ballet before?

ATTIRE

Dance is a visual art. The dancer creates a picture or design with his or her body. In order to see the design, dancers wear tight fitting leotards and tights in class so that the teacher can see whether the student is using his or her muscles correctly. Their ballet slippers are made of soft leather or canvas that allows them to move their feet easily. Female dancers also wear pointe shoes. A dancer must train many years in order to build her muscles so she has strength to execute pointe work properly.

Pointe shoes are handmade by American and European manufacturers. The tip is made of a hardened box or block made of densely packed layers of fabric and paper hardened by glue. This box of glue and fabric encases, protects and supports the toes and gives them a small platform on which to perch. The rest of the shoe is made of a leather outer sole, a sturdy insole and a supple shank. The side and top of the shoe are covered with a cotton lining and an outer layer of satin, canvas or leather. In recent years plastic and other material have also been used to make shoes.

How do dancers stand on their toes?

Pointe work is part of classical ballet technique. Students should not attempt pointe work until they have gained the necessary physical and technical strength which is determined by a professional ballet teacher. So, rather than attempting pointe, watch the video link below, to see trained students execute pointe work.

[Pointe Video](#)



STEPS/TERMS

Ballet has developed into a very precise dance technique with specific steps which are taught in any ballet class you

might attend. It usually takes about 10 years to fully train a ballet dancer. A dancer trains at least 5 or 6 days a week once he or she reaches the advanced level.

All ballet classes have exercises that begin at the *barre*, a wooden pole fastened to the wall to support the dancers. The exercises are designed to warm up the body slowly and carefully. Class usually begins with *plié*, a bending of the knees done in the five basic positions.

After completing a series of exercises at the barre, dancers move to the center of the studio where they work on perfecting many steps including pirouettes, (turns on one foot), and sauté, (jumps). Male and female students may take a special partnering class where they learn to dance together doing lifts and turns. A dance for two people is called a pas de deux.

Basic natural movements

These simple movements are the basics of ballet dance. Do the following activities with your troop to practice their foundational ballet skills:

1. Bending – stretch and touch your toes for 30 seconds
2. Stretching – stretch your arms up in the air for 20 seconds
3. Rising – stand on your tippy toes for 15 seconds
4. Sliding – gallop in a large circle for 30 seconds
5. Turning – spin around the room for 15 seconds
6. Darting – hop from one foot to the other in a zig-zag pattern across the room
7. Jumping – jump up and down and around for 20 seconds

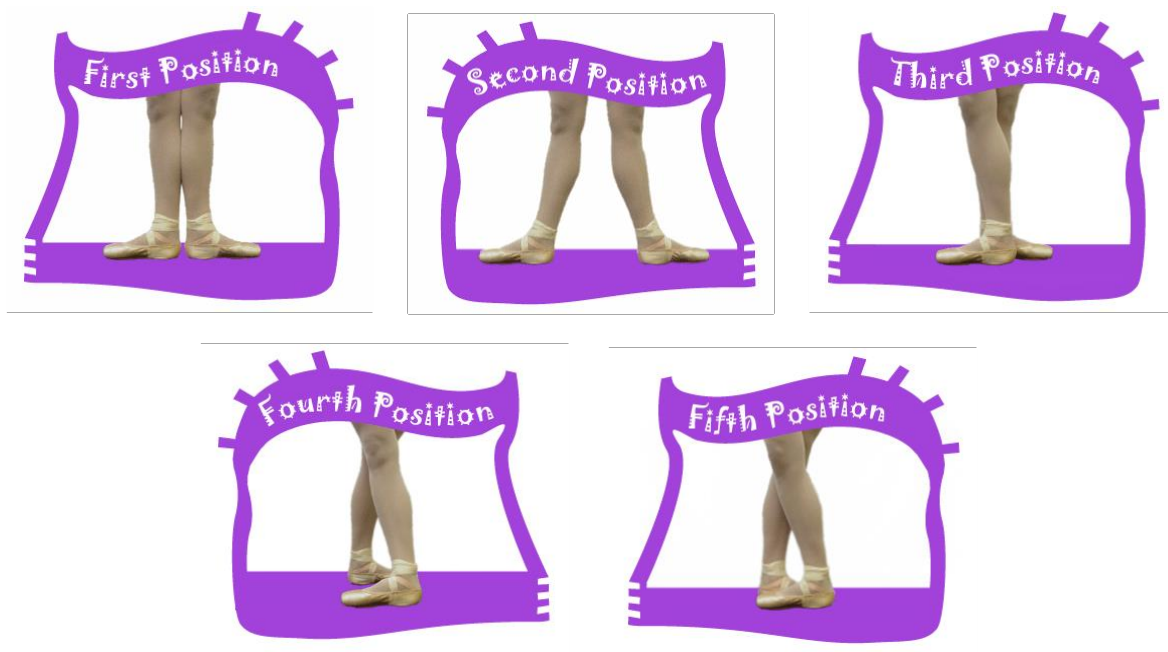
Basic Terms and Positions

Let's challenge each other with some ballet positions. Try to do at least 4 of the following moves:

- **Plié:** to bend (knees). Plie is used to prepare for jumps and turns
[Video Demonstration](#)
- **Cambré:** a bend of the upper body from the waist forward, sideward or backward
- **Tendu:** to stretch the leg ankle and foot towards the front side or back.
- **Sauté:** to jump on one leg or two
- **Pirouette:** turn on one foot
[Video Demonstration](#)
- **Relevé:** to rise up, lifting the heel off the floor to balance on the ball of the foot.
[Video Demonstration](#)
- **Glissade:** gliding or sliding step where the toes just barely leave the floor.
[Video Demonstration](#)
- **Pas de deux:** dance for two. Usually between a man and a women

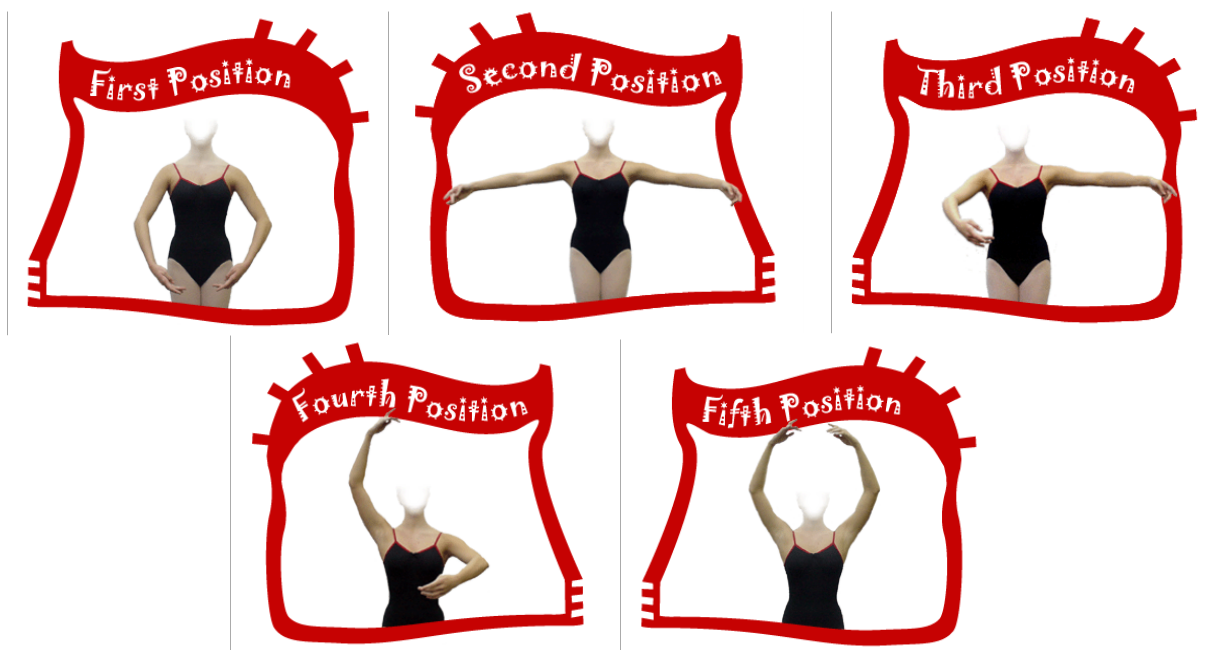
Positions of the Feet:

In ballet there are five basic positions of the feet. Practice each of the positions below:



Positions of the Arms

There are also various positions of the arms. Practice each of the positions below:



Here is a [video demonstration](#) of the 5 positions.

Dance Style 2: Jazz

HISTORY

Jazz Dance is one of the most difficult dance styles to define, but it is definitely one of the most fun styles to perform! Jazz dance has consistently evolved over time—the style now represents a variety of sectors, including High Energy Jazz, Broadway Jazz, Lyrical Jazz, and Contemporary. Jazz classes are usually structured with a warm-up (featuring isolating parts of the body), stretching/flexibility exercises, across the floor progressions, and a center combination.

Here is a [video](#) to learn more about the history.

Pick 2 of following people from the history of jazz to learn more about:

- Jack Cole
- Luigi
- Bob Fosse
- Gus Giordano
- Jerome Robbins
- Gwen Verdon

Watch this [video](#) to learn about some of these jazz masters!

*** Answer the questions:**

- What influence did African- American culture have on the culture of Jazz?
- Are the dance style Jazz and the music style Jazz related? If yes, how so?

ATTIRE

Jazz classes are very casual and relaxed, so attire requirements are minimum. Most jazz dancers wear the classic leotards and tights while practicing. The tightness of the uniform helps to see the dancer's body lines. Jazz pants are also worn by dancers. These pants are similar to sweatpants, but not overly baggy. Often dancers are required to wear jazz shoes. Jazz shoes, seen below are commonly made with canvas or leather.



STEPS/TERMS

Let's challenge each other with some jazz dance steps. Try to do at least 5 of the following moves:

- **Ball Change:** This is a change of weight between both feet. Change weight and do a stamp-stamp [Demonstration Video](#)
- **Chassé:** A basic ballet move that is used in all styles. A chassé is a kind of gallop where one foot chases

the other. It is a traveling step

[Demonstration Video](#)

- **Head-roll:** Speaks for itself! A head roll is letting the head move around its entire circular axis in a controlled but relaxed fashion while the body stays aligned and in position. Head and hand rolls were a very popular movement Bob Fosse used. He liked small rolling movements as in his choreography from "Cabaret"
- **Hip-roll:** This is an isolated roll of the hips while the rest of the body stays in position
[Demonstration Video](#)
- **Jazz Square:** This is a smooth four step movement, example: step out on your right leg, step back with your left, cross over with your right leg and step forward with your left. A full square movement in a sassy jazzy motion
[Demonstration Video](#)
- **Jazz Walk:** A low gravity type of walk where the body is in plié and the shoulders and arms are curved in opposition while walking forward. This is without a hip roll. The Hip walk is the same but with a hip roll
[Demonstration Video](#)
- **Pivot Step:** This is a step forward (or in any direction) with a pivot right after
[Demonstration Video](#)
- **Snap:** A finger snap – like in West Side Story

Dance Style 3: Tap

HISTORY

The name tap dance comes from the sound the shoes make when they hit the floor. The roots of tap dance come from many places including Africa and Ireland. Tap dance has always been a rhythmic dance, but the tools used to tap dance have changed over time. Since the beginning of tap, this style of dance has been popular in Hollywood.

Pick 2 of following people from the history of tap to learn more about:

- Fred Astaire
- Bill Bailey
- Bill "Bojangles" Robinson
- Eleanor Powell
- Jimmy Slyde
- The Nicholas Brothers
- Cholly Atkins
- Sandman Sims
- Gregory Hines
- Shirley Temple
- Michelle Dorrance
- Savion Glover

*** Answer the questions:**

- In what era did tap become popular?
- What is improvisation?

ATTIRE

The most important thing to have before starting tap dance are the tap shoes! Tap shoes are structured very similarly to jazz shoes, but there are two taps on the bottom—one is located on the heel of the foot and one is located on the ball of the foot. These shoes create sounds and rhythm. When wearing tap shoes, you literally become a musical instrument.

As far as what to wear when you tap dance there aren't many requirements. Tap dancers wear comfortable clothes that they can move in, similar to most workout gear.

Even if you don't have the right shoes, you can still learn some of the basic moves of tap dancing.



STEPS/TERMS

Let's challenge each other with some ballet positions. Try to do at least 5 of the following moves:

- **Stamp:** hands on hips and then lift the foot and place flat against the floor with your weight on it
- **Stomp:** hands on hips and then lift the foot and place it flat against the floor with NO weight on it
[Demonstration Video](#)
- **Shuffle Ball Change:** hands on hips and then a brush forward, then brush backward. Then you do a ball change by stepping back, putting all your weight on your back foot and then stepping forward and putting all your weight on your front
[Demonstration Video](#)
- **Shuffles:** hands on hips and then brush foot back and forth
[Demonstration Video](#)
- **Toe Heels:** hands on hips and then do a toe to heel movement across the floor
[Demonstration Video](#)
- **Flaps:** hands on hips and then brush forward and step onto toe
[Demonstration Video](#)
- **Shirley Temple:** dance made famous by child actress and dancer Shirley Temple
[Demonstration Video](#)

Dance Style 4: HIP-HOP

HISTORY

Hip-Hop has really emerged to the forefront of popular styles of dance. Popular movies such as *Step Up* and *Stomp the Yard* have featured this style of dance, forcing it into the mainstream. Music videos also feature this style. The primary characteristic of hip-hop is that it is danced in plié, (bent knee) low to the ground. The moves may be smooth, or they may be hard hitting.

Hip-hop, as a form of street dance, was born of folk art traditions. And the forerunners of hip-hop dance have often been poorly introduced to the world they have affected. Since hip-hop's beginnings, new styles have often been discovered within a "cipher," the circle that forms around dancers performing on the floor. From these ciphers have come countless innovators who, through their cultural influences and through their own innovations, have influenced the history of hip-hop dance.

*** Answer the questions:**

- In what state did hip-hop start in?
- In What era was hip-hop founded?
- From which style of dance did hip-hop originate from?
- Who were the Electric Boogaloos?

ATTIRE

Just as foot attire is important to the other styles of dance you've learned about, shoes are important for hip-hop dancers too. Hip-hop dancers wear athletic or fitness shoes that provide support and some cushion to protect their knees and feet.

The attire of hip-hop is very casual and relaxed. Loose, comfortable clothing is worn by most dancers when practicing hip-hop. Baggy t-shirts and sweatpants are commonly seen.

STEPS/TERMS

You may already know several dances that are rooted in hip-hop basics: have you ever danced the Cupid Shuffle? Have you heard/seen them "Walk It Out" at a sporting event? These are just a few examples of the street style that's creating a popular dance frenzy!

Check out these videos and see if you can follow along and learn some of the stylized moves. Try at least 4 dance steps/routines below:

- **Cupid Shuffle:** dance made famous by Cupid in 2007. Common group dance at events.
[Demonstration Video](#)
- **The Kick Step:** a dance move commonly done by Justin Bieber
[Demonstration Video](#)
- **The Funky Walk:** simple dance move added to walking
[Demonstration Video](#)
- **The Wave:** this isn't the wave you do at a baseball game. This one requires more movement and rhythm
[Demonstration Video](#)
- **Heel Toe:** similar to a jazz or tap move, but with a different edge
[Demonstration Video](#)

Dance Style 5: Irish Step Dancing

HISTORY

The Irish culture is rich in music and dance dating back to the Druids who danced in religious rituals. The Celts arrived in Ireland over two thousand years ago bringing with them their own folk dances. During the eighteenth century, Dancing Masters appeared. Dancing Masters were generally eccentric dance teachers who would travel around stopping in small towns for a few months to teach the art of dance. Since many of the pupils didn't know their left foot

from right the Dancing Master would tie straw to the left and hay to the right and instructed them to lift their straw or hay foot. In recent years, Irish dance has become more popular in the United States.

Learn more about the history [here!](#)

STEPS/TERMS

Solo Dancing

The Irish dance that is featured in shows such as [Riverdance](#) and *Lord of the Dance* is mainly Irish solo, or step, dancing. This type of dancing emphasizes complex rhythms and footwork. Solo dancing can further be divided into soft shoe dances and hard shoe dances. Soft shoe dances accentuate the dancers' athleticism with leaps, kicks, and skips. Hard shoe dances concentrate on the rhythms and sounds the dancer creates with her shoes.

Group Dancing

One can find Irish dancers executing group dances at social events, performances, and even competitions. Ceili, or figure, dances emphasize the relationship between dancers with the same basic footwork used throughout. Another type of group dancing, called set dancing, is popular in Ireland but not commonly seen in the United States.

Let's challenge each other with some Irish Dance steps. Try all of the steps below:

- **Hop Shuffle:** a hop shuffle is a hop, then a brush out, a brush in, then another hop with foot kicked back and finally you put your foot down
[Demonstration Video](#)
- **Hop Back:** a hop back is when lift your right foot up, bend it, then you put your foot behind your left leg and end with a little hop
[Demonstration Video](#)
- **Scissor:** a scissor is when you jump up and kick out both legs straight with your toes pointed and land together with feet crossed
[Demonstration Video](#)
- **Spin:** to spin in Irish Step Dance you put your weight on right leg, then kicked up your left leg behind your knee and then rotate in a gentle spin
[Demonstration Video](#)

* Answer the questions:

- Why do Irish Step Dancers wear certain outfits?
- When did Irish Step Dancing become popular in America?

Dance Style 6: CULTURAL DANCES

Many cultures have dances special to their traditions and ceremonies. Two styles of cultural dance we've highlighted in this program are African and American Indian dance. We encourage you to read the information below about the history of these cultural dances and watch videos of the ceremonial dances. We encourage troops to learn about these two cultural dances from experts in the styles, by taking a class led by a professional or attending a performance or ceremony.

AFRICAN DANCE

HISTORY

Africa is a vast continent, consisting of many countries and hugely diverse cultures. African dance mainly refers to the collective dance type of the Sub-Saharan Africa, which is the African tribal dance. There are many aspects that affect the African dance types.

African dance types are distinct from each other because of the diversity, of the nomadic groups and the indigenous tribes that practice them. The African dances symbolize social structure and traditional values of the people related to them. These dance types help the African people to praise, criticize and even work with each other. African dances heavily rely upon the African music, which is a very interesting form of music, despite the fact that in many African tribal languages, there is no particular word for 'music'.

Many of the grandparents and great grandparents of people living in America today came from Africa more than four hundred years ago. Some came voluntarily as explorers and visitors, however, the majority of them came as slaves. When the Africans came to America, they brought their dance and music with them and many aspects of that early African influence can still be seen today in American performing arts disciplines, such as jazz, tap, and break dancing. For example, relaxed, bent knees of African dance is evident in jazz dance. Syncopated use of rhythm in African dance is used in jazz and tap.

Durham is home to the wonderful *African American Dance Ensemble* that teaches classes and puts on performances. Check out their [website](#) to get connected!

STEPS/TERMS

Music

Drumming and rhythm are very powerful aspects of the African dance tradition. The teacher will use music with a number of different types of percussion instruments including the congas, slot drum, gongs, and a xylophone to create the appropriate mood for the movement. African dance is characterized by its use of *polyrhythms*, two or more rhythms happening at once.

Glossary:

Agoo (ah-go)

Attention! From the Twi language of the Akan people, Ghana, West Africa

Amee (ah-me)

I'm listening. From the Twi language of the Akan people, Ghana, West Africa

Types of Dances

African tribal dance or African folk dance is performed on almost all the occasions in the people's everyday life. The African folk dance is nothing but a cultural activity that is followed sincerely, almost as a ritual. African people dance on many occasions like childbirth, various festivals, marriages, recalling certain experiences in the past, funerals and also to worship Gods.

Welcome Dance

These dances are performed to please the visitors and show them the happiness that the tribe is feeling on their arrival. The other reason to perform the welcome dance is to show the guests how versatile and talented the villagers are.

Celebration or Love Dance

These dances are performed on certain festive and very happy occasions such as weddings, various tribal festivals and anniversaries.

Coming of Age Dance

This dance is performed to celebrate the 'coming of age' of the young men and women. It is a rite of passage that many tribes follow and celebrate. The dancers perform in front of all the tribal members, which gives them immense pride as well as confidence.

Warrior Dance

Warrior dances are performed at various cultural events and occasions. The warrior dance movements are a fusion of warfare movements with the artistic movement of the body to the drum beats. The dance steps also consist of 'turn with phrase endings' and various other aggressive body movements.

Summoning and Possession Dance

Summoning and possession are the most common African folk dances and are also very important in many

indigenous religions. This dance is performed in almost all tribes for 'calling a spirit'. The spirits are the ones that are worshiped by that specific tribe. The summoning dance is also performed when there is a drought or a war.

Information derived from: [this article](#)

[Video Examples of African Dance](#)

*** Answer the questions:**

- What styles of dance in this program originated from African dance?
- What instruments were used to accompany African dance in the past?

American Indian Dance

HISTORY

Dancing is an important part of American Indian culture that mostly takes place at ceremonial gatherings such as powwows. Listed below are descriptions of American Indian dance styles.

There are many different types of dance and dance categories at a powwow. Dance categories are divided by age, gender, and style of dance. **It is important to note that powwows are open to the public; however, there are only certain times that non-American Indian people are invited into the arena and asked to participate in group dances. The dances listed below are important to American Indian culture and should not be imitated, especially at ceremonial events.**

Attend the American Indian Heritage Celebration put on by the North Carolina Museum of History annually in November to see American Indian dance.

Traditional Male

These dancers may wear beadwork, a breastplate, a back bustle made of eagle or hawk feathers, matching round arm bands, ankle bells, a breechcloth, choker, a wapeco (wah-pe-sha, feathered porcupine headdress), leggings, and moccasins. Some regalia may include pieces of fur or bone from animals. Dance movements include active head movements re-enacting warriors searching the ground for tracks of enemy or prey.

Traditional Female

These dancers wear buckskin or cloth ankle-length or mid-calf dresses, sometimes decorated with elk teeth or shells. The regalia includes a knee-length breastplate, leggings, brass tack or leather belt, otter braid wraps, and moccasins. Dancers may carry a long-fringed shawl, fan, bag, or scarf and dance movements are dignified and graceful. The movements are characterized by the swaying of the fringe.

Fancy Feather

This dance is performed by men and boys, having its origin in the old war dances. Regalia is usually bright, colorful, and elaborate and includes two long, fringe-back bustles, a head roach, decorated yokes and breech cloths, angora anklets, ankle sheep bells, moccasins, and arm bands. The dance steps are fast, intricate, and include twisting, leaping, twirling, splits, footwork, and acrobatics. Dance sticks are carried and twirled during this high-energy dance.

Fancy Shawl

These dancers are women and girls, usually dressed in colorful, elaborate regalia with a calf-length skirt and beaded or sequined vest. A long, fringed shawl is worn over the shoulders and held out at the elbows. Movements include fine footwork and graceful spins, meant to mimic a joyful butterfly.

[Video Demonstration](#)

Grass Dance

This dance is very old, and dates back to the days of the camp circle when Grass Dancers were the first to dance after moving camp. This dance was intended to introduce the people to the new location to which they had moved by flattening the grass to form a circle. They prepared the earth in a good way for the people to follow and for other dancers. The movements of the dancer represent the flow of prairie grass in the wind. Grass Dancers wear long, flowing fringe of yarn or ribbons to represent the grass, a yoke, breechcloth, a roach or wapecah headdress, fringed anklets, ankle bells, beadwork, and moccasins. They shake and sway like the grass in the wind while their feet perform a variety of slides, hops, and other moves.

[Video Demonstration](#)

Jingle Dress

These dancers are female. The Jingle Dress is made with tin cones attached to the dress. The cones are made out of chewing tobacco can lids. The dancing movements shake the cones, which hit each other and make the jingle sounds. Dance movements include a straight posture, up and down motion, and hopping or rocking with the feet moving in a shuffle. Arms are bent at the elbows, with one or two hands on hips or carrying a scarf, fan, or purse.

[Video Demonstration](#)

Golden Age

These dancers are all Elders. A Golden Age dancer is older than 60 years of age. American Indian elders are held in the highest esteem in American Indian culture. They have done much living and learning and are prized for the wisdom and insight they have to share. Dancers that are also elders are especially looked after and honored. They are also served first at mealtimes, have special seating areas at the powwow, and can dance any style in the Golden Age competition.

Tiny Tots

This dance category is for all children age five and under, in regalia. They are invited to dance either by themselves or with a relative. Each dancer is given a small gift after their exhibition dance.

*** Answer the questions:**

- What dance style was most interesting to you?
- Has anyone in your troop attended powwow or other American Indian festival? What dancing did they see?
- What music often accompanies American Indian dance?

Section 3- See Dance

Take the opportunity to see a dance performance live! Pick a style you enjoyed learning and see a professional or pre-professional company in action. If you are in an area that doesn't have many dance performances, consider planning a day trip to a larger city that might incorporate going to a museum or attending another cultural activity. We highly encourage troops to go see a performance, if you are truly unable to go to a performance, we listed a few dance movies below that you could view as a troop.

Look in our Girl Scout program guide for performance opportunities or check out the website of one of the following organizations.

NC Dance Theatres/Companies:

- [Raleigh Dance Theatre](#)
- [Carolina Ballet](#)- Raleigh

- [African American Dance Ensemble](#)- Durham
- [American Dance Festival](#) – modern dance –Durham
- [The Wilmington Ballet & Dance Theater](#)
- [Charolette Ballet Company](#)
- Check your local dance theatres for their performance schedule!
- Check your local university for their performance schedule!

Dance Movies:

*Please pick a movie that is age appropriate for your troop, these are just suggestions

- Mary Poppins
- Documentary: Children of Theatre Street (Ballet)
- The Nutcracker
- Billy Elliott
- Singing in the Rain
- Bye Bye Birdie

Section 4- Dance

After you have learned the required number of dance styles for your Girl Scout level, it is time to perform! Choreograph (putting together specific dance steps) your own routine or look one up on the Internet to learn. Then practice, practice, practice the routine. Gather all your families or other troops together and show them what you learned! Older Girl Scouts can also teach younger Girl Scouts a routine rather than do a performance to fulfill the requirement.

After you do your performance you have completed the requirements and earned the patch.