



# Dance for Sick Kids Corporate Edition

Challenges are all about pushing you out of your comfort zones, and for some, dancing does exactly that. So to keep it easy, fun and super achievable, we've put together the Dance for Sick Kids 7 day Challenge. We've road tested it with mums, dads, grandparents and the kids!

## Day 1

Let's ease the team in! Dancing is second nature for some, and for others it's a real challenge!

Get the team involved with an oldie but a goodie - the Time Warp!

Be sure to share videos or photos of your dances together. Or why not jump on zoom to finish the day and time warp together? Check out this tutorial below  
<https://youtu.be/O8hTJKfjyqY>

## Day 2

It's Saturday! For most, the work week is over but that doesn't mean the dancing fun stops. To be the best takes practice and research right? So today your challenge is the funnest form of research, watch a dance movie!

Share with your team and on your socials what movie you chose! Better yet, take a video of those Footloose moves you learnt and share it around!

## Day 3

Show us your Sunday Best. And no we don't mean your best sleep in. What better fun than to learn a classic TikTok at home. Get the family involved or even show off your best moves! Check out this tutorial here:

<https://youtu.be/l-KrXomGygM>

Don't forget to share your efforts with your team!

## Day 4

Monday motivation coming straight up! Today's challenge is to learn from the best and we have the best!

Both Jarryd Byrne, Dancing with the Stars 2020 Winner & Marko Panzic, dance extraordinaire have each organised dance tutorials. So, choose your teacher and get dancing! Why not organise a zoom for you all to learn together?

To access the tutorials you will receive an email.

## Day 5

Ok, now you've had some professional help we know you've got this!

Together as a team, choose your favourite TikTok and get learning!

Here are some of our suggestions:

- Toosie Slide
- Feeling Good
- Say So

Check out their tutorials and others here:  
<https://www.youtube.com/playlist?list=PLZNL6NFdRj4Lzxa3Yog8wV1ng4ri-IVYw>

## Day 6

Wednesday aka. Hump day. Lift the spirit of the mid week hump with a team game of Kahoot! Check this one out, it's all about the Dance Decades!

<https://create.kahoot.it/share/decade-dance/acb172e0-7e19-4ead-8cf7-cf091fd2a6f7>

You can choose whichever suits your team, just jump onto the free trial and you're off!

## Day 7

It's your final day of dance so of course that means a celebration!

We have the music sorted here with the dance playlist of the decade -  
<https://open.spotify.com/playlist/7t183WwETSqc7TbaBFmBYc>

Encourage your team to listen all day while you work and why not organise the last half an hour of the day for a zoom dance party and share all your favourite moments of the week!

