



RMHC

Supporting local Houses



# LET'S DANCE FOR SICK KIDS!

Unsure how to get involved? See below for some ideas!

## MONDAY

It's day one, let's have some fun! Kick off DFSK Week by doing the **Macarena**.

## TUESDAY

Follow along to one of the latest **Tik Tok** dance trends today.

## WEDNESDAY

Follow one of our Dance tutorials **wearing something bright!**

## THURSDAY

Dance your way into Thursday by learning how to do the **Tango**. (see our Tango tutorial)

## FRIDAY

**Find a friend** to dance with today. Need inspiration? Follow one of our dance tutorials by Perform Ability

## SATURDAY

Bring in the weekend by following our **Salsa** Dance tutorial.

## SUNDAY

Finish off the final day of DFSK by dancing along to the **Stomp!** dance tutorial.

Dance tutorials available at [danceforsickkids.com/workshops2025](https://danceforsickkids.com/workshops2025)