

Connect 4

Dance Challenge:

Challenge @ a friend or play solo -
Try to complete 4 boxes in any direction!

Dance with a
coworker

Dance to
your favourite
song

Do "The
Dougie"

Dance with
your boss at
work

Dance behind
someone's
back

Dance while
sitting in a
chair

Try a new
dance
style/genre

Dance in your
pyjamas

Dance to a
song from
the year you
were born

Dance with
2+ friends

An "iconic"
dance

Do a viral
'TikTok' dance

Dance with
a family
member

Dance to
music in a
language you
don't speak

Do "The
Robot"

Learn a
routine by
@PerformAbility

Dance with
a partner

Try a new
dance
style/genre

A dance from
a TV/film

Dance in
a public
space

Choreograph
your own
dance

Dance to a
song older
than you

Freestyle
dance

Perform a
dance from
your culture

Dance in
a costume



Supporting
Local Chapters

**Ronald
McDonald
House**

**Dance
for
SICK KIDS**