THROW A DANCE PARTY!

The great thing about dancing is there are no rules!

Just turn on the music and let your body move.
It's all about finding your own unique groove.
So, shake, twist or spin around.
You might even let your feet jump off the ground.

Dancing just makes you feel good. Plus, it's super fun for everyone!

Ask the adults in your life, "What dances did you do when you were young?"