

CHALLENGE 30: DANCE THROUGH LIFE

*"I'm not so nimble on my feet these days,
but I can still cut a rug!"*

DO

May I have this dance? Either have a dance with someone else, or have a little boogie on your own. Let loose and have fun!

THINK

How does it feel to dance? When was the last time you enjoyed a really good dance?

SHARE

your experience or memories with others next time you see them. You could even arrange a little dance session with friends or family members if you feel like a boogie, or just listen to your favourite dancing music.



If the idea of dancing fills you with dread then simply:

1. Tap your finger to some of your favourite music...
2. Let the music drift to two fingers...
3. Let the music drift to your whole hand...both hands...wrists...
4. Let the music drift up your arms, into your shoulders and carry you away...
5. Remember: if it hurts or doesn't make you happy then don't do it.
6. Also remember: there are no rules when it comes to dancing!