

Dancer

Brownie *QUEST* badge

Do your feet start to tap when you hear a great song? Get ready to jump up and move to the beat in this badge. You'll learn fun warm-ups, perform steps from new dances, and make a dance of your very own.

Steps

1. Warm up and get moving
2. Try a new dance
3. Take to the floor like a dancer
4. Make up your own dance
5. Show your moves!

Purpose

When I've earned this badge, I'll have explored the world of dancing – and found the dancer inside of me.

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!

Step 1 Get to know your body

Make sure your body is ready to move! Learn a 10-minute routine that will help your body get ready for dancing. Practice it before all the dancing you do in this badge.

CHOICES – DO ONE:

Get flexible. Do one stretch for each of these body parts: arms, wrists, legs, ankles, feet, stomach, back, and neck. Then make each letter of the alphabet with your body – try it with friends.

FOR MORE FUN: Do your warm-up to a song!

OR

Make your warm-up animal themed. Move like a rabbit, a crab, a frog, a cheetah, or another favorite animal.

OR

Use the music. Put on three different kinds of music and try all of these actions during your routine: running, walking, jumping, skipping, hopping, leaping, sliding, bending, lifting, rolling, twisting, and turning.

Step 2 Try a new dance

The world is full of snappy rhythms and amazing dances – from Chinese dragon dances and Latin cha-cha to West African welcome dances and all-American country line dancing. Try some steps new to you.

CHOICES – DO ONE:

Do some famous moves. Watch a dance performance or recital, a movie with dancing or a TV dance show. Pay close attention to the steps so you can try your favorites.

FOR MORE FUN: Find out what the dances are called and from where they came.

OR

Ask a dancer for help. Invite a dance teacher or a family member, neighbor, or older Girl Scout who is skilled at dancing to teach you some basic steps or a simple folk dance.

OR

Try “dancercise.” Some exercise classes use different kinds of fast-paced dance moves called *dancercise*. Choose one – such as Zumba, Jazzercise, or step aerobics – and learn a dancercise routine.

Step 3 Take to the floor like a dancer

There’s more to dancing than the steps! Dancers use their entire bodies – from the balls of their feet to the smiles on their faces – to express the music and make sure the audience is having as much fun as they are.

CHOICES – DO ONE:

Head to the studio. Visit a local dance studio and ask a teacher to show you good posture, how to use your face and hands to show feeling, and how to take a bow.

OR

Team up with an adult to find performance tips at the library or online. Once you’ve found tips to help you, practice at home or with your friends and Brownie sisters.

OR

Pretend you're a Girl Scout in 1930. With your group, try these activities from their Dancer badge:

- Demonstrate both a curtsy and a deep curtsy.
- Demonstrate the proper carriage in walking.
- Demonstrate the correct standing position.

Step 4 Make up your own dance

Choreograph your own three-minute dance. Pick the music, the costume, and give it a name.

CHOICES - DO ONE:

Create a special-occasion dance. What about a thank-you dance for a friend, teacher, or parent? Or a birthday dance, first-day-of-school dance, new-friend dance, or "yay - it's summer!" dance?

OR

Use dance to tell a story. Retell your favorite book or movie - or create your own story. How can your moves show feelings like excitement, happiness, or surprise?

OR

Make up a dance to your favorite song. Create steps from your imagination or find cool steps from different dances and put them together.

More to Explore

Create a group dance. Mirror each other, do the same move (or the opposite move) at the same time, or put your steps together to make a group mishmash dance. Use your imagination.

Step 5 Show your moves!

Take all the dancing you've learned and become a performer. Hold your head high and have all the fun of a Brownie dancer.

CHOICES - DO ONE:

Throw a dance party. Gather with your friends, Girl Scout sisters, or your family. Teach the dance you created or a dance you learned.

FOR MORE FUN: Make a party playlist with all kinds of dancing music. Every girl can choose a song.

OR

Perform a dance show for your community. Your show could be for a school talent show a festival, a Brownie ceremony, or a special celebration at a Girl Scout meeting. You can even teach your dance to the audience.

FOR MORE FUN: Make a program about your show. You can list the dancers and tell the stories behind your badge.

OR

Perform a dance for your family. Be sure to teach them the steps.

Add the Badge to Your Journey

Have fun teaching your warm-up to your friends and family as a new way to help everyone get plenty of exercise.

Now that I've earned this badge, I can give service by:

- Holding a dance party for Daisies
- Organizing a dancercise club at recess
- Cheering people up by putting on a dance show at a senior center or children's hospital

I'm inspired to: