

B.

C.

4. WHY IS IT IMPORTANT TO KNOW WHERE YOUR MUSCLES ARE LOCATED?

5. HOW DO OUR MUSCLES HELP US IN DANCE?

WATCH THE MUSCLE DANCE VIDEO. WHEN YOU TURN IN YOUR ASSIGNMENT, PERFORM THE MUSCLE DANCE (MOVEMENT AND SINGING) FOR YOUR TEACHER TO PASS OFF.

PASS OFF SIGNATURE:

SONG:

TRAPEZIUS
TRAPEZIUS
BICEP
TRICEP
PECTORALIS
DELTOID
NOW THE OTHER SIDE

TRAPEZIUS
TRAPEZIUS
BICEP
TRICEP
PECTORALIS
DELTOID
we're HALFWAY THERE

ABDOMINALS are our center core
HAMSTRINGS STRETCH DOWN TO THE FLOOR
GLUTEUS MAXIMUS LIFT AND LEFT
STRETCHING OUR GLUTES IS NOT COMPLEX

NOW IT'S TIME TO STRETCH OUR QUADS
say IT OUT LOUD, "THESE ARE MY QUADS."
RELEASE THOSE MUSCLES, FEEL THE STRETCH.
STRECHING OUR GLUTES IS NOT COMPLEX

NOW IT'S TIME TO STRETCH OUR QUADS
say IT OUT LOUD, "THESE ARE MY QUADS."

one more muscle LEFT TO KNOW
THE GASTROCNEMIUS
NOW THE MUSCLES WE KNOW.