



DANCE ILLUSION^{L.L.C.}

B	I	N	G	O
Clean out dance bag	Stretch with theraband for 10 minutes	Perform competition or recital dance for family	Practice splits (10 min on each side)	Watch a dance movie
Research a dance legend or choreographer	3 random acts of kindness	Design a dance costume	Take an online dance class (CLI studios, etc)	Work on pirouette technique for 20 minutes (Both sides!)
Post a picture or video of you dancing at home and tag us!	Hold a 1 minute plank with someone	FREE	Turn on a song and practice improv in front of someone	Choreograph your own dance!
Do the Dance Illusion partner stretching video	50 releves and then hold for 1 minute	Practice comp/recital routines 5 days in a row	Follow us on Instagram and Facebook	Write down 5 dance terms and find their definitions
Stretch for 15 minutes	10 burpees, 10 jumping jacks & 10 sit ups 3X	Make & eat a healthy snack	Take the appropriate level of online Dance Illusion jazz technique class	Teach a family member a dance skill

When you get BLACKOUT, post a picture of you with your bingo board on Instagram and tag @danceillusion5678!! 😊