

KAC DANCE BINGO

Diagonal or Vertical BINGO only! Submit a video of each square to verify completion.

PERFORM 10 BALLET VOCABULARY WORDS	BALANCE IN PASSE' FOR 30 SECONDS	SHOW A FAMILY MEMBER THE 5 BALLET POSITIONS	50 RELEVÉ', NO SICKLING	8 SAUTE' 8 CHANGEMENT
SHARE A THROWBACK DANCE PICTURE AND TAG @KACDANCE_	SHARE A POST FROM OUR IG @KACDANCE_	POST A TIKTOK AND TAG @KACDANCE_	FIND/FOLLOW 5 DANCE STUDIOS THAT TEACH ADULTS TECHNIQUE/HIP HOP IN ATLANTA	MAKE A DANCE MEME USING A PICTURE OF YOU
PRACTICE YOUR SPLITS, 1 MIN: LEFT, RIGHT, AND CENTER	HOLD A 1 MINUTE PLANK		50 CRUNCHES	10 BURPEES 10 JUMPING JACKS 10 SIT UPS DO THIS 3 TIMES!
MAKE A HEALTHY SNACK	SET A DANCE GOAL THAT YOU CAN ACCOMPLISH BY FALL	LIST 3 THINGS YOU LOVE ABOUT YOURSELF	20 MIN OF YOGA	SHARE AN INSPIRING DANCE QUOTE
WATCH A DANCE DOCUMENTARY AND WRITE A REVIEW	WATCH A FICTION DANCE MOVIE AND WRITE A REVIEW	WHAT 2 MAINSTREAM ARTIST DID BOB FOSSE' INFLUENCE?	RESEARCH 1 MALE AND 1 FEMALE DANCE PIONEER IN JAZZ. WRITE ABOUT WHAT THEY DID TO BE RELEVANT TODAY.	RESEARCH BOB FOSSE: WHO WAS HE? WHAT DO HE DO? WHEN DID HE DO IT? WHERE DID HE DO IT? HOW DID HE IMPACT THE DANCE COMMUNITY?

Suggestion:

Complete up to two squares per day! Go for BINGO or BLACKOUT! If you blackout and submit on time, I'll cancel out 2 assignments from last 2 weeks.