

10 ways to have fun dancing at home

Missing your dance classes? You may already have tried out some online classes or just danced around the kitchen, but if not, what are you waiting for? There are lots of ways to keep dancing at home. Follow our top tips for some lockdown dancing fun!

1. Set up a home studio

Whether you want to follow an online class or just do your own thing, ask a grown-up to help you set up a safe space to practise. Make sure there's enough space to swing your arms and legs around. Move rugs, furniture or other objects (like Mum's best pot plant!) so you don't slip or hurt yourself.

2. Create your own ballet barre

If you're practising ballet, set up a ballet barre using the back of a chair. Use one that is sturdy and comes up no higher than your waist.

3. Put on your dancing shoes

Get in the mood for dancing by putting on your favourite dance shoes! And don't forget to warm up to prepare your joints and muscles for movement.

4. It's showtime

Want to show off some dance moves? Put on a show in the comfort of your own home with costumes (get creative with your wardrobe!) and stage make-up (get permission first!) Film it and send to the rest of your family – they'll love it!

5. Have a family dance off

Put on your favourite music, get the family to join in (if you can stand Dad's embarrassing moves) and just DANCE! Try some of this high-energy dance music to get you all moving...

- Body – Loud Luxury
- Don't Start Now – Dua Lipa
- Happy – Pharrell Williams
- Russian Dance – Nutcracker

- Walking on Sunshine – Katrina & the Waves

6. Play dance charades

Get the family together for a hilarious game of dance charades. Pick a word, dance (rather than act) it out while your team attempts to guess the word. Sound easy? Try dancing 'earthquake' or 'melting ice cream'!

7. Make a dance jar!

Stuck for dance moves? Make a choreo jar! Write down as many dance moves as you can on pieces of card and pop them in an empty jam or storage jar. Pick out 5 cards (or more) and put the moves together to create your very own choreography. Put the cards back, shake the jar and try again!

8. Connect with your friends

Missing your friends? Try out some virtual choreo! Join your friends online (with your parents' permission) and choreograph one set each of 8 counts. Put them together, film your creations and send to each other for a laugh!

9. Learn a TikTok dance!

If you haven't discovered it already ([and you have your parents' permission](#)), check out TikTok online! There are lots of talented dancers who create 15-second routines for you to learn...

- @charlidamelio
- @addisonre
- @yodelinghaley
- @zoifishh

10. Don't feel like dancing?

If you fancy a break, find a cosy spot and stay inspired by watching some free online ballets, dance shows and musicals. Here are our top picks!

- [The Royal Opera House](#)
- [Dancing Alone Together](#)
- [Planet Dance: a fun beginner's guide to contemporary dance, created by The Place](#)
- [Short films by the Balletboyz](#)
- [Watch *Eugenius the Musical*](#)
- [Check out street dance troupe Diversity's videos](#)