

Dance Monopoly

Crafts | Music | Exercise

ConnectABILITY.ca



WHAT MAKES IT MEANINGFUL

Allows individuals to get up and move to some of their favourite's songs through different categories. Participants can do this activity in person or connect with friends and families who live far away.

TIME

30 minutes to an hour

MATERIALS

- Bristol Board (Dollar Store \$2-3)
- Coloured Markers/Crayons (Dollar Store \$2)
- Printable Dice Template (Make your Own)

INSTRUCTIONS

Prepare all your materials.

1. If you want you can print the template provided. You also can change up the dances on the board to ones you prefer.
2. Start with a warm-up of your choice to get your muscles warmed up, and loose!
3. Once you are warmed up, you can start dancing around the board

Start with a warm of your choice or follow the one provided below in resources. Once warmed up start dancing your way around the board. You can follow along to the videos provided in resources or dance any way you like. Don't forget your water bottle to stay hydrate.



Dance Monopoly

RESOURCES

Dance Monopoly Songs:

Warm Up:

- a. <https://www.youtube.com/watch?v=vene1AFGOK4>
- b. <https://www.youtube.com/watch?v=XLTK9-cEY1k>

1. Jump: https://www.youtube.com/watch?v=Ki8haFw_YIA
2. The Cupid Shuffle: <https://www.youtube.com/watch?v=FgZobANrbfU>
3. The Bubble: <https://www.youtube.com/watch?v=PGSJM-ZrZwg>
4. Follow the leader: <https://www.youtube.com/watch?v=rriicsTE2TzQ>
5. Cha Cha Slide: <https://www.youtube.com/watch?v=l1gMUbeAUFw>
6. Macarena: <https://www.youtube.com/watch?v=6LlKX0U6f5k>
7. Cotton Eye Joe: <https://www.youtube.com/watch?v=GJJYTWxSVM4>
8. Achy Breaky Heart:
 - a. How to line dance to Achy Breaky Heart: <https://www.youtube.com/watch?v=yi4g4cCPQLc>
 - b. Song: <https://www.youtube.com/watch?v=wTurgi8woVU>
9. Footloose:
 - a. <https://www.youtube.com/watch?v=lJPvEs8qpQc>
 - b. <https://www.youtube.com/watch?v=6ivuTKBI6eU>
10. Bye Bye: <https://www.youtube.com/watch?v=58B4TVE-dT8>
11. STOP:
 - a. Dance: <https://www.youtube.com/watch?v=juzLqxsmt7s>
 - b. Song: <https://www.youtube.com/watch?v=5JD6ejmlpa8>
12. Everybody (Backstreet Back): <https://www.youtube.com/watch?v=ApJQxQM6z-o>
13. Twist and Shout:
 - a. <https://www.youtube.com/watch?v=IHuL2epE9Zc>
 - b. <https://www.youtube.com/watch?v=IHuL2epE9Zc>
14. Stayin' Alive: <https://www.youtube.com/watch?v=63AYD9Cd0rQ>
15. Can't Touch this: <https://www.youtube.com/watch?v=RbzcLzMPyIlg>

Cool Down:

1. <https://www.youtube.com/watch?v=xjaptMyoRak>
2. <https://www.youtube.com/watch?v=DzfqcXpjtWs>

SUPPORTS NEEDED

If you need support to log onto a computer to connect with friends and family who live far away, you can. Also support if you need assistance with accessing the songs and videos.

OTHER THINGS TO NOTE:

You can change the dances for songs and dances you prefer, you can also do decades of songs.

Warm -up
Time

Cool Down

Chicken
Dance



The
Cupid
Shuffle

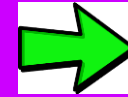
Bubble It



Water
Break



Follow
the
Leader



Cha Cha
Slide

U Can't
Touch This

Staying
Alive



TWIST
AND
SHOUT

Water
Break



Everybody
(Backstreet
Back)

STOP



Bye Bye



Water
Break



Footloose



The
Macarena



Water
Break



Cotton Eye
Joe



Achy Breaky
Heart



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- a. <https://www.youtube.com/watch?v=vene1AFGOK4>
- b. <https://www.youtube.com/watch?v=XLTK9-cEY1k>

1. Chicken Dance: <https://www.youtube.com/watch?v=r3z54SZsLsA>
2. The Cupid Shuffle: <https://www.youtube.com/watch?v=FgZobANrbfU>
3. The Bubble: <https://www.youtube.com/watch?v=PGSJM-ZrZwg>
4. Follow the leader: <https://www.youtube.com/watch?v=riicsTE2TzQ>
5. Cha Cha Slide: <https://www.youtube.com/watch?v=I1gMUbEAUFw>
6. Macarena: <https://www.youtube.com/watch?v=6LlkX0U6f5k>
7. Cotton Eye Joe: <https://www.youtube.com/watch?v=GIJYTWxSVM4>

8. Achy Breaky Heart:

- a. How to line dance to Achy Breaky Heart: <https://www.youtube.com/watch?v=yi4g4cCPQLc>
- b. Song: <https://www.youtube.com/watch?v=wTurgi8woVU>

9. Footloose:

- a. <https://www.youtube.com/watch?v=IJPvEs8qpQc>
 - b. <https://www.youtube.com/watch?v=6ivuTKBI6eU>
10. Bye Bye: <https://www.youtube.com/watch?v=58B4TVE-dT8>

11. STOP:

- a. Dance: <https://www.youtube.com/watch?v=juzLqxsmt7s>

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