

MidMo Conservatory of Dance BINGO

To get a BINGO get 5 in a row horizontally, vertically, or diagonally. Or go for BLACKOUT!

Hold your splits in each side for one minute for 7 days in a row.	Play on an instrument or sing a song and record it and email or post it on Facebook.	Design a costume for a dance. Send a picture or post it. Can be a paper design or real materials.	Design a dance warm-up and record it. Post it or tell us about it.	Write your own ballet or dance story. Share it with us.
Practice your dance routines 5 times a week for two weeks.	Learn a new step and post it on Facebook or email it.	See how many shuffle steps (tap) or basics (clogging) you can do in 1 minute! Text, email, or post.	Show us your favorite dance step!	Play freeze dance to your favorite song.
Do 2 times your age in sit ups for 7 days in a row.	Watch a musical and let me know what you watched and what was your favorite part.		Dance with a prop (cane, fan, scarf, etc.). We would love to see your moves!	Compose your own song. Don't forget to share it.
Study about a famous dancer and email or post on Facebook a short report	Make a video doing all 5 ballet positions and post it on Facebook or email it.	Perform your dance routine for somebody in your home!	Study a famous musician. Tell us about their life! Why do you like their music?	Do your recital dance with just the arms (no legs) and then with just the legs (no arm movements)
Watch a famous ballet online. Tell us about it!	Choreograph a dance and post it on Facebook or email it.	Measure how high you can lift your leg up everyday for a week and see if it gets higher. Make sure you warm up first ;)	Do your recital dance with a bean bag (or sock in a knot) on your head.	Count how many jumping jacks (echappes if you do ballet) you can do in 1 minute. Let us know!

Email: jenniferwinkelman4@gmail.com. You can send links to YouTube or any reports to:

Text or Call: Jennifer at 573-645-6153

email: jenniferwinkelman4@gmail.com

Or Post to our Facebook Page

Your Name: _____