

DANCE TO THE BEAT

HIP HOP

West Ridge-Mrs. Hong

K-3 grades

This class will consist of stretching, muscular strengthening, and dancing. Students will learn about isolation, combination of steps and arm movements with music. The activities will help children to build gross motor skills, coordination and creative expression.

Thursdays 3:30-4:30 PM

**10/1, 10/8, 10/15, 10/22, 10/29,
11/12, 11/19, 12/10**