

Watch a performance from a professional dance company	Choose a song for our Dancing Through the Decades Ballet	Do 20 sit ups	Stretch for 15 minutes	Learn a line dance (cha cha slide macarena...)
Do 10 squats	Video chat with a friend and dance together	Make your own dance combination	Choreograph and perform a dance	Research a famous dancer
Touch your toes for 60 seconds	Write a paragraph about what dance means to you	Cleveland Dance Academy Bingo	Create a playlist for class	Hold a plank for 30 seconds
Hold a plank for a minute	Teach a parent/guardian or sibling to dance	Hold splits for 20 seconds	Do a CDA YouTube class	Make a dance goal and start working towards it
Do CDA's stretch and strength video on YouTube	Design a dream dance costume	Research a famous choreographer	Write your instructor a letter about why you love their class	Do 20 push-ups

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