

*The*  
**MUSIC**  
WORKSHOP

LEADING WITH YOUR ELBOW

**Activity No. 1** 

Turn your average family dance party into a creative movement exploration game.

**STEP 1**

Put on your favorite song.

**STEP 2**

Pick a part of your body and let that body part lead you around the dance floor. You can try any number of body parts – elbow, head, knee, hip, toe, chin, finger... you choose.

**DIFFERENT**  
**DYNAMICS**