



Line Dancing – Fun for All Ages



Line Dancing

More than 200 years ago immigrants to the United States danced their own versions of the polka and the waltz. A little later they enjoyed square dances and then folk dances. Line Dancing grew out of folk dancing. In the 1990s The Macarena line dance, inspired by a Venezuelan dancer, was originally released in Spain. It became very popular in the United States and in the whole world! Arco did two-line dances with his Grandma on Zoom. You can join in, too. [CLICK HERE](#) first to learn and practice the steps:

https://www.youtube.com/watch?v=vLo3SASoZ_E

THE WHOLE FAMILY CAN DO THE steps to the Macarena music with some surprise friends.

<https://www.youtube.com/watch?v=wFfInDDpqIQ>

Today all kinds of line dances are done at weddings, picnics, parties, in gyms, and on the street. Arco liked this one which he also did on zoom with Grandma. You and your family can do the same.

https://www.schooltube.com/media/hey-baby-line-dance-on-pe-central/1_2qsv3n6t

To Think about as You Rest after Line Dancing

- When some people have a not-so-good experience, they like to dance because dancing makes them feel better. Moving the body is a good tool to use when things are not going like we hoped they would go.
- When we do dancing and other activities with our older relatives like our grandparents, we show them that we care about them. We tell them we value them without saying even one word.
- How does it feel to do the same motions as someone else as you dance?