



DANCE AND COMMUNITY WITH CAMILLE A. BROWN & DANCERS

IDEAL AGE: 5+

Join CMOM partner Camille A. Brown & Dancers from the exhibition Let's Dance! to learn about Social Dances.

LEARN TOGETHER

Social dance is about community, connection, and cultural traditions. By creating and practicing movement, children better understand the universal language of dance.

MATERIALS

- Computer/iPad screen
- Speaker
- Props of your choosing (flashlight, scarves, hats, etc.)

MAKE TOGETHER

Social dances are dances that come from the community and are a form of self-expression. Social dances have steps where everyone can participate.

- 1 Watch the video [Let's Dance! Social Dance with Camille A. Brown & Dancers](#) on CMOM's Youtube channel.
- 2 In this video Camille A. Brown, artistic director of Camille A. Brown & Dancers, shows you how to do a line dance and the running man — two social dances.
- 3 For each dance, join Camille as she shows you the basic steps. The first time around you'll dance along with Camille. The next time you do the dances add your own creative expression to the dance. You can even add props!
- 4 Social dance is about sharing your creative identity. Practice your version of the dances together with Camille then together as a family.
- 5 What are other types of social dances you enjoy at parties? Create a playlist of your favorite songs. Dance your social dance in slow motion. Then do it super fast!
- 6 Play freeze dance with your social dance.
- 7 Create your own social dance move and try mirroring a partner. Face them and copy all of their moves. Then switch who is the leader and who is the follower!

Learn more about the history of [social dances](#) with [Camille A. Brown](#).

For more fun activities, please go to
cmom.org/resources

