

بیت سمعہ ظ

of the

عین الملک



1. Dancing Drill

Check 3 words that best describe how you believe you dance...

☐ Athletic

☐ Awkward

☐ Beautiful

☐ Bland

☐ Confident

☐ Connected

☐ Coordinated

☐ Distant

☐ Energetic

☐ Fun

☐ Genuine

☐ Graceful

☐ Inspiring

☐ Magnetic

☐ Off-beat

☐ Precise

☐ Positive Vibe

☐ Sexy

☐ Strong

☐ Uncoordinated

☐ Unsure

Other/Comment: _____

Check 3 words that best describe how you believe your partner dances...

☐ Athletic

☐ Awkward

☐ Beautiful

☐ Bland

☐ Confident

☐ Connected

☐ Coordinated

☐ Distant

☐ Energetic

☐ Fun

☐ Genuine

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☐ Strong

☐ Uncoordinated

☐ Unsure

Other/Comment: _____

Comment on any differences between your thoughts of your partner when you first met them, and your perception of them after you saw them dance:

How different were your own thoughts about how you did from your partner's observations:

How we see ourselves is often different from how others see us. Use this page to write down feedback people have given you in the past to help yourself see how others see you. NOTICE how their feedback differs from your own perspective, and allow yourself to ACCEPT their view.

How we see ourselves

How others see us

Concept Challenge:

What are the concepts of beauty that bind you?

1. What is...

B.E.A.U.T.Y

B- Believe

Believe that you are beautiful, if you don't believe it, you won't be it.

E- Expressive

"Our Deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure."

- Marianne Williamson

Music moves people. Do not be afraid to let it move you while you are on stage. Be willing to shine. When you shine, you give permission to others to do the same.

A- Accents

Beauty lies in the *details*.

Write down ideas on ways you can use each of these to add accents to your dancing:

- Hair (Hat)
- Eyes
- Shoulders
- Chest
- Hands
- Hips
- Knees
- Toes



Unlock your mind, and your body will unlock.

Think of a time when you felt absolutely FREE. Now imagine feeling that same emotion while you were dancing. How would it change the way you move?

T- Timing

Let the music lead, don't lead the music.

Take it slow. Fill the entire beat. Don't rush.

Y- YOUUnique

"Beauty begins the moment you decide to be yourself."

- Coco Chanel

Discover what makes you uniquely YOU.

What makes YOU stand out? What are YOU passionate about? What are YOUR strengths?

I AM BEAUTIFUL!

Loretta Bates