

This is our **last dance lesson** so we would love to see some photos or videos of your dance work!

Remember, the outcome in school was going to be to perform group dances to the music '**Sail** by **AWOLNATION**' so it would be great to see some photos or videos if some of you have. Here is a link to the music video for **SAIL**:-

<https://www.youtube.com/watch?v=tglqecROs5M&list=RDU1LNls-QJjg&index=11>

so you can use it to put your dance steps too. **You only need to perform to the 50 second mark of the song to just before the gentleman sings.**

Today's warm-up is a 20 minute **Joe Wicks**' workout to get you out of breath and work on your strength! See if you can complete it all. The link is:

<https://www.youtube.com/watch?v=hozv0a23eKk>

After you've warmed up, here is Mihran's third and last video for you to learn some more dance steps today.

3 Simple Dance Moves for Beginners - Part 3 (Hip Hop Dance Moves Tutorial)

Mihran Kirakosian: <https://www.youtube.com/watch?v=sofG3xQkLCo&t=310s>

**Extension:** use 'Sail' by AWOLNATION to create your own dance in beats of 8.