

## DANCE TO THE MUSIC

It's time to practice your dance skills & keep your team moving! In this 30 to 45-minute dance off wellness activity, participants will enjoy non-stop fun and movement all while staying engaged and connected!

Utilizing breakout rooms, participants are divided into Teams of 5-6 where TeamUnity will share a fun and creative step-by-step dance routine from our talented choreographer and Teaching Artist. Teams will have 10-minutes to collaborate their performance technique, team name & costume/props design, while building trust (individuals may get creative and use items they have at home).



Participants then report back to the main session, where each team will have an opportunity to be in the virtual spotlight & show off their dance skills! Following all performances, your team will be judged based on Most Ambitious, Most Colorful & Best Choreographed. What a great way to gather your team virtually, promote healthy competition & enjoy some great laughs together!

Interested in learning or creating your own Tik Tok dance? We've got you covered!

[CLICK HERE TO WATCH OUR DANCE TO THE MUSIC DEMO](#)

### INCLUDED:

- 1 Professional Choreographer
- 30 to 45-minutes
- Video conferencing platform

### DOES NOT INCLUDE:

- 3.5% processing fee if a credit card is used for payment
- Prizes/Raffles

**Call for pricing**