

All Saints Active Challenge

This week's challenge is...

The TikTok Dances



Key Points...

>Find the rhythm and beat of the song.

>Be confident and express yourself!

>Can you add your own twist or dance moves if ours are too difficult?

Check our YouTube channel for demos!

Build your Footwork and Coordination skills!

For an extra challenge, can you create your own dance and show us?



Bust some moves and show us what you've got!

Week 3!

