

STAY AT HOME CHALLENGE Season 2

New Mexico Senior Olympics, Inc.

Virtual Dance



Welcome to SEASON 2 of our free virtual event encouraging seniors to be active while staying home. NMSO is once again offering fourteen (14) individual sport activities, all modified to participate from home. If you are already registered, your registration will work for Season 2! If this is your first time to join, remember to complete and agree to the LIABILITY WAIVER prior to getting started. Season 2 will run May – July 2021. Submit your results monthly to be entered into drawing for a \$100 Gift Card. We encourage you to consult a physician before starting any physical fitness exercise.

DANCE Challenge Instructions

Dance Challenge is May, June and July 2021

Each month do as much as you can and record results

A Dance Resource Guide is available (see page 2)

All types of dancing are acceptable - Line dance, video dance lesson, create your own routine, group dance virtual dance instructions, aerobic dance, couples dance, etc.

NMSO will schedule a **Zoom** Dance Fest at the end of the Challenge provided we have 20 Challengers!

First Month - Dance 4 Hours (240 minutes)

Second Month - Dance 6 hours (360 minutes)

Third Month - Dance 10 hours (600 minutes)

HOW to get Started and Report RESULTS

- Sign up and agree to the Liability Waiver at www.nmseniorolympics.org
- Participate and log your Dancing time for one full month
- Each month submit challenge results virtually via our website at www.nmseniorolympics.org
- **OR** submit results via email, fax, phone, or text - deadline is the 5th of each month by noon
- Results must include name, sport, gender, age, county, month, times and/or scores
- *Results are public and will be posted on our website
- All challenges are based on the honor system
- Check NMSO website monthly for results and Gift Card Winner Announcement
- Repeat the following month

Your good health is your greatest wealth. Be safe in everything you do!



Dance Resource Guide

YOUTUBE LINKS

Boot Scootin' Boogie Shows you how to grapevine, clap & move, great for beginners <https://www.youtube.com/watch?v=P4WknVWbb5Y>

Rock N Roll Medley Doing the twist and moving fast
<https://www.youtube.com/watch?v=5SleJ5PZQSw>

Uptown Funk Feet coordination
<https://www.youtube.com/watch?v=8o9JJ17JrTw>

2 Step Dance Shows you how to sway and move your feet forward & backwards, moving counterclockwise.
https://www.youtube.com/watch?v=lgMy5Gn84_c

Music Channels

Spotify

Pandora

Amazon music

Dance Channels

Netflix

Amazon Videos

Hulu