How to Create a Dance Routine from Scratch

KS3 PE Ages 11-14 ⏰ 3 min read

Start with the Music

The first step in creating a dance routine is choosing your **music track**. Pick a song you love and that makes you want to move. Listen to it several times to understand the **rhythm**, **beat**, and how the music changes throughout. Notice where the music gets faster, slower, or louder — these moments are perfect for special dance moves.

Think of it like building a story: your music is the plot, and your dance moves are the characters that bring it to life.

Plan Your Moves

Next, think about what **movements** fit your music. You might use **basic steps** like walking, swaying, or stepping side to side. You could also add bigger moves like jumps, spins, or arm movements. Write down or sketch your ideas — don't worry if they seem silly at first!

Consider how many **sections** your routine will have. Most routines have an **intro** (the beginning), a **verse** (the main part), a **chorus** (the catchy bit), and an **outro** (the ending). Each section can have different moves.

Link Your Moves Together

Transitions are the movements that connect one move to another. They help your routine flow smoothly so it doesn't look jerky or awkward. Simple transitions might be a turn, a step, or a pause before moving into your next move.

Think of it like sentences in a paragraph: transitions are the words that join ideas together so everything makes sense.

Practice and Refine

Now comes the important part: **repetition**. Practise your routine many times in front of a mirror or ask a friend to watch. Look for parts that feel uncomfortable or don't

match the music. Be willing to change moves that don't work — even professional dancers do this!

As you practise, your movements will become **sharper** and more **confident**. You'll remember the steps more easily, and you'll discover ways to make your routine even better.

Perform with Confidence

Finally, perform your routine! Whether it's for your PE class, a school event, or just your family, remember that your unique routine is special because *you* created it. Have fun, enjoy the music, and let your personality shine through your dance.

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