

Dance/Creative Movement

Dee Mac



My background is dance, and I trained in classical ballet, jazz, tap, and modern dance. As a professional dancer I toured throughout Europe, the Middle East, Asia and the United States. In my work as a CADRE artist I teach students of all ages and especially enjoy K-3rd grade and children with special needs.

Some CADRE projects that have worked successfully with students are:

"Around the World and Back Again"

Learn dances from different countries.

"The Rainforest"

Act out in movement "The Great Kapok Tree"

"Ballet for Beginners"

An introduction to ballet for boys and girls.

"A Splash of Color"

Dance to songs about the colors you are wearing, colors of the rainbow etc.

"Months on the move"

Learn more about the seasons and months of the year through movement.

"Fun with Bean Bags and the Alphabet"

Dance with your bean bag and imagine what else it could be.

"Jump In!"

Dance and sing to songs from the hit Disney movie. Use jump ropes & hoops.

"Musical Food Fun"

Dance to songs about the food pyramid, nutrition and the benefits of exercise.

"Letters and Shapes"

Discover the letter shapes our bodies can make. Learn to balance too.

"Chinese New Year"

Parade with lanterns; dance with ribbons and fans; pretend to be firecrackers & dragons.

"Holiday Times"

Dance and sing to songs for Halloween, Christmas, Kwaanza, Chanukah, Valentines Day, St Patrick's Day and Easter.

All sessions include the use of props such as scarves, ribbons, hats, instruments, bean bags, fans, jump ropes, hoops, masks, etc.