



# Get Down with Your Bad Self

Tips and tricks to feel confident when you want to  
shake your groove thing

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# Why Dance?

- It's fun!
- Creates bonds with friends and strangers
- Eliminate FOMO
- Burns calories
- Studies show it lower levels of depression and anxiety



# Tricks

- YouTube is your friend
- Learn some “line dancing” type dances (wobble, electric slide, cupid shuffle, cha cha slide, etc.)
- Practice
- Take a dance class
- Keep it simple if needed
- Make a dance out of something you already know



# Tips

- Commit
- Wear clothes you feel comfortable in
- Be the first one out on the floor
- Be respectful of people's personal space
- Have fun with it



**HELL YEAH!**

