

The Art of Tutting

Get your arms moving!

Materials: Music to dance to, a safe space to move

Time: 15 minutes

Dance
Activities
Year 3-4

Find more resources at [artslive.com](https://www.artslive.com)



Prepare

Before attempting the activity in this video, please make sure:

- You are in good health and have appropriate levels of fitness to safely complete the activities;
- You have a safe space, clear of any hazards, to complete this activity in; and,
- You listen carefully to any safety instructions given by the demonstrator.

Watch

Watch Dan's [Art of Tutting](#) video. Your teacher may have provided you with a link also.

Learn

Follow along with the sequence of moves that Ben shows you. Remember that great dancers need to practice their routines again and again until they get it right. Don't give up!

Create

Create your own set of tutting moves. You can make up your own shapes or be inspired by the world around you. Dan shows you how to make:

- Circles
- Triangles
- Diamonds

Are there other shapes around your house that you can use in your tutting sequence?

Perform

Once you've practiced your sequence of moves, show off your tutting style to a family member and challenge them to repeat it after you.