

Wheelchair dance



What you need

- A wheelchair
- An alternative to a wheelchair
- Motivation to dance
- Hats, scarves, feathers, pompoms
- Music
- Refreshments
- Internet to research wheelchair dance routines

Method

Get on the internet and watch YouTube for some excellent hand dance routines and practice them along to some music. Have fun practicing your dance routine.

Hold a performance, in person or virtually. After practice get dressed up in hats, scarves and feathers then show off to family and friends via social media.