

100 DANCES FOR INSPIRATION

1. Air Guitar
2. Arabesque
3. Arm Wave
4. Azonto Dancing – Ghana
5. Batusi
6. Belly Dancing – Middle East
7. Bhangra – India
8. Body Roll
9. Bollywood
10. Bounce
11. Box Step
12. Breakdancing
13. Bunny Hop
14. Bus Stop
15. Cabbage Patch
16. Can Can
17. Capoeira – Brazil
18. Cha-Cha-Cha
19. Charleston
20. Chicken Dance
21. Conga Line
22. Crank That – Soulja Boy
23. The Dab
24. Dirty Dancing – Time of My Life
25. Disco Fingers
26. Dougie
27. Electric Slide
28. Elvis Legs
29. Finger Tutting
30. Footloose line dance
31. Foxtrot
32. Gangnam Style
33. Gwara Gwara – South Africa
34. Hammertime – MC Hammer
35. Hand Jive
36. Heel Toe/Happy Feet
37. Highland Dancing
38. Hokie Pokie
39. Hula Dance
40. Irish Step Dancing
41. Jazz Hands
42. Jerk
43. Jitterbug
44. Jive
45. Kabuki Dance – Japan
46. Krumping Stomps
47. Kurdish Dance – Middle East
48. Lambada
49. Leg Guitar
50. The Lindy Hop
51. Limbo
52. Line Dancing
53. Lion/Dragon Dances – China
54. Macarena
55. Mambo
56. Moonwalk
57. Nutbush
58. Ote'a – Tahiti
59. Paso Doble
60. Penguin
61. Plié
62. Pogo
63. Pop and Lock
64. Ragatanga – Rouge
65. Robot
66. Rumba
67. Running Man
68. Salsa
69. Samba
70. Shake A Leg – Aboriginal Dance
71. Shimmy
72. Shoki – Nigeria
73. Shuffle Dance – Party Rock
74. Single Ladies Dance – Beyonce
75. Splitz
76. Sprinkler
77. Spongebob
78. Square Dancing
79. Stanky Leg
80. Sufi Whirling – Turkey
81. Swim
82. Swing
83. Tango
84. Tap Dance
85. Tea Pot
86. The Bump
87. The Floss
88. The Grapevine
89. The Hustle
90. The Loco-motion – Originally Carole King/Gerry Goffin, then Kylie Minogue
91. The Smurf
92. The Watusi
93. Thriller – Michael Jackson
94. Time Warp – Rocky Horror Picture Show
95. Twist
96. Vogue – Madonna
97. Waltz
98. Wu-Tang
99. YMCA by The Village People
100. Zorba The Greek



Take part today!
#dance4diabetes
www.dance4diabetes.org.au

1. Dance4Diabetes, Air Guitar, Ryan
2. HowcastArtsRec - How to Do an Arabesque | Ballet Dance
3. TheRussianTiger BEST Dance Tutorial Lesson - WAVING | How To Arm Wave
4. The Guardian - Ghanaian youth show their Azonto dance moves
5. Dance4Diabetes, Batsui, Cheryl
6. Howcast - How to Do Hip Lifts & Basic Shimmy | Belly Dancing
7. Fluidic Dance Academy - Bhangra Basic Steps | Bhangra Moves | Bhangra #5 Easy steps
8. How to Do Body Rolls | Hip-Hop Dancing, Howcast
9. South West London TV - Bollywood Dance Moves for Beginners
10. How To Do The Basic Bounce - The 4 Bounces of Hip Hop Part 1 - Minute Moves
11. Howcast - How to Box Step | Sexy Dance Moves
12. Videojug - How To Do Basic Breakdance Moves
13. Adventures in Dance - Bunny Hop How to - Youtube
14. Fatback Band - (Are You Ready) Do The Bus Stop, Funkonaut
15. Cabbage_Patch.mov, Michael Ivy
16. FemOnlineDance - Can Can Choreography
17. Hip Shake Fitness - Capoeira For Beginners | 5 Min Brazilian Capoeira Dance Training
18. HowcastArtsRec - 4 Basic Elements of Cha-Cha | Cha-Cha Dance
19. How to do the Charleston! | DANCE at The Children's Museum of Indianapolis
20. smartreaderworldwide - Marvellous Bright Ideas (Chicken Dance) - 27th April 2020
21. Conga Line Dance, Miss Brown's Music Classroom
22. Soulja Boy Tell'em - Crank That (Soulja Boy) (Official Music Video)
23. Dance4Diabetes, The Dab, Glenn
24. CPhillips92 - Dirty Dancing - Time of my Life (Final Dance) - High Quality
25. Dance4Diabetes, Disco Fingers, Karla
26. How to Dougie | Hip-Hop Dance, Howcast
27. How to Do the Electric Slide | Sexy Dance Moves, Howcast
28. Rockdancer - Elvis Legs
29. TikTok Dance Tutorial 15 | Finger Tutting, Laurie Elle
30. Dirt Road Dancing - Footloose Line Dance Instruction
31. Howcast - How to Do Basic Foxtrot Steps | Ballroom Dance
32. DanceGangnamStyle - PSY- Gangnam Style (Official Music Video)
33. How to Dance the Gwara Gwara, OkayAfrica
34. MC Hammer - U Can't Touch This (Official Music Video), MC Hammer
35. Sha Na Na - Born to Hand Jive, Shananaideos
36. How to do the Heel Toe / Happy Feet (Dance Moves Tutorial) | Mihran Kirakosian
37. Highland Hustle - Learn beginner movements for a Highland Hustle class
38. The Wiggles - The Wiggles: Hokey Pokey Party Songs Dancing Songs Singalong Songs for Kids
39. Howcast - How to Hula Dance
40. Howcast - How to Do a Beginner Routine | Irish Step Dancing
41. YouDance - How to do Jazz Hands - Beginning Jazz Steps | YouDance.com
42. How to Jerk | Hip-Hop Dance, Howcast
43. The Jitterbug, Savoy Hop
44. Howcast - How to Do Basic Jive Steps | Ballroom Dance
45. Cool Fun Stuff - Beautiful traditional Japanese Dance: Kabuki Dance
46. How to Do Krumping Stomps, Street Dance, Howcast
47. dunavfolk - Semmame, Kurdish folk dance
48. Abelardo perestroika - Lambada dance tutorial
49. AC/DC - Angus! AC/DC
50. ILHC 2018 - All-Star Strictly Lindy Hop Finals, The International Lindy Hop Championships



Take part today!
#dance4diabetes
www.dance4diabetes.org.au

51. Howcast – How to Do the Limbo Dance
52. Suki Choi – 100% Easy Line Dance (Beginner Level)
53. Asia HOT – Chinese New Year 2019 Lion Dance, Hong Kong
54. Just Dance like all Star – Macarena – The Girty Team | Just Dance 2015
55. Howcast – How to Do a Mambo Forward & Back Step | Ballroom Dance
56. How to Moonwalk (Dance Moves Tutorial) | Mihran Kirakosian
57. Nutbush – Line Dance, GunshotGarry
58. DanceWithLeolani – How to Tahitian Dance With Leolani – Ori Tahiti 1 – The Tamau
59. Paso Doble Routine | Ballroom Mastery TV
60. Penguin Dance | Brain Breaks | Jack Hartmann, Jack Hartmann Kids Music Channel
61. Howcast – How to Do a Plie | Ballet Dance
62. The Undertones – How To Pogo – Teenage Kicks, AndyLewis7501
63. How to Pop & Lock | Hip-Hop Dance, Howcast
64. Ragatanga – Rouge | FitDance TV #TBT (Coreografia) Dance Video, Fitdance
65. How to Dance the Robot | Club Dancing, Howcast
66. Passion4dancing – Rumba dance steps for beginners – Rumba basic steps (American Style)
67. How to do the Running Man | Hip Hop Dancing, Howcast
68. HowcastArtsRec – How to Basic Steps | Salsa Dancing, HowcastArtsRec
69. Sambalicious – Learn Brazilian Samba in 5 mins!
70. Palm Island – Imbala dance, Video 4 Shake a leg and vocals
71. CBC – How to Dance the Shimmy
72. Afro 101 – How to SHOKI – Quick dance tutorial
73. DJ Raphi – How To Shuffle Dance – Party Rock Anthem
74. Beyoncé – Single Ladies (Put a Ring on It) (Video Version), Beyoncé
75. How To Do The Splits FAST – Super Sister Fitness
76. Dance4Diabetes, Sprinkler, Robert
77. How to Do the Spongebob | Hip-Hop Dance, Howcast
78. SqureDanceHistory – Texas Star square dance
79. How to Do the Stanky Leg | Hip-Hop Dance, Howcast
80. The Sufi Whirling Dervishes – Istanbul, Turkey, Davidsbeenhere
81. Our World Moves – Our World Moves Dance Moves: The Swim
82. Howcast – How to Do Basic Swing Dance Steps | Ballroom Dance
83. Passion4dancing – Tango dance steps – Tango basic steps for beginners
84. How to TAP DANCE – Beginner Tutorial, Just Tap
85. Dance ‘n Beats Lab – Preschool Learn to Dance: I’m a Little Teapot
86. The_Bump.mov, Michael Ivy
87. Deepak Tulsvan – How to Do The Backpack Kid Dance (THE FLOSS) | Deepak Tulsyan Dance Tutorial
88. The GRAPEVINE – Minute Moves – Move Tutorial – How To Dance – Groove Basics – Dance At Home
89. How to do the Hustle! | DANCE at The Children’s Museum of Indianapolis
90. PWL – Kylie Minogue – The Loco-motion – Official
91. The Smurf, Hip Hop Foundations, Minute Moves, Dance at Home Tutorial
92. The_Watusi.mov, Michael Ivy
93. How To Throw It Back (STEP BY STEP TUTORIAL) | Popular Tik Tok Dance Move
94. Never Stop Dancing – TIME WARP (ROCKY HORROR PICTURE SHOW)
95. Video credit – The Children’s Museum of Indianapolis YouTube Channel
96. How to Walk It Out | Hip-Hop Dance, Howcast
97. Howcast – How to Do the Waltz Box Step | Ballroom Dance
98. How to Do the Wu-Tang | Hip-Hop Dance, Howcast
99. YMCA, DJ Ralph
100. “Zorba the Greek” ShakallisDance2019/Just Dance



Take part today!
#dance4diabetes
www.dance4diabetes.org.au