

Dancing through Life

By David Dickson Church Magazines

Part of living our gospel standards means choosing good, uplifting music. This family is listening to some uplifting music that makes them want to dance!

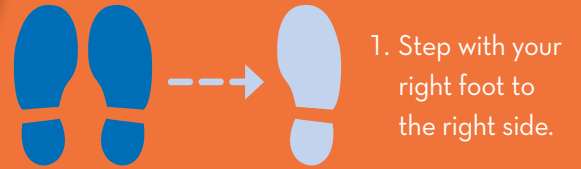
The “grapevine” is an easy dance you can learn. Try it whenever awesome music makes you want to get up and move!

Find fun music to dance to at lds.org/youth/music!



Do the Grapevine!

Grapevine to the right



Now grapevine to the left!

Do the opposite steps as above by stepping left with your left foot, step your right foot behind the left, etc.

Repeat! Clap and dance to the music and beat.