

How To Dance

# Bondage!

Score by Sean Thomas Boyt  
STBDancing.com

1. *Experiment with dance... One appendage at a time!*
2. *Imagine that you are all tied up - or #JustDoIt. Utilizing one body part we're going to focus on endurance. Using one thing, one move, and one intention, we'll use it, not abuse it, and never lose it! Begin by doing your chosen action with your chosen instrument... and end when you've reached some sort of completion.*
3. *Not only is this dance a watered-down appropriation, it's cardio - Go as fast and hard as you can! Remember, the safe word is... Foliage.*
4. *Let's go!*
5. *You can do it!*
6. *Almost there!*
7. *Wooo!!!*
8. *Good job, team!*