



MOVE AND GROOVE

The Move & Groove event has been created to engage the clients in a fun and entertaining way using interactive dance as the platform.

We have 2 facilitators who lead the dance and the teaching of the dance steps. Accompanying them are 2 drummers. We use the songs like Mandoza - Nkalakatha, Queen - We Will Rock You.

Dance Facilitators do a short demo, showcasing the sequence and then get the audience involved by doing individual moves with drums only.

Group breaks into 2 and then develops a war cry dance to the music of Queen. Groups return and do a type of Dance off, starting with the war cry and showcasing what they have achieved.

AFFORDABLE ADVENTURES TEAM BUILDING

EVERYTHING A **SUCCESSFUL** TEAM NEEDS

OBJECTIVE & SKILL

Creativity, Time Management, Strategic Planning, Delegation, Trust, Listening Skills and

LEVEL OF ACTIVITY

Moderate to High

LOCATION

Level Outdoor and Indoor area and separate working areas for teams

TIME ALLOCATION

1 Hours

GROUP SIZE

Ideal for overall group size of 11 - 250 delegates