

America's Best Dance Crew

(Sample Script)

ABDC (otherwise known as America's Best Dance Crew) was one of my favorite shows growing up.

Created by former American Idol judge Randy Jackson, the series was created to help dancers gain some limelight. Truth is, you could easily just call this a dance party. However, if you turn it into a mini competition with the audience as the "judges", some volunteers will bust out some memorable moves.

"In a moment when you hear the music, you'll immediately stand up in front of your chair and dance your stress away. You realize that there are judges in front of you and they're judging to see if your moves are worth of being featured on the next episode of America's Best Dance Crew. So when you hear the music come on, dance your heart out and be aware of your surroundings so you don't hurt yourself or the other dancers. One... two... three, dance away (turn on dance music)!"

Give your volunteers a moment to get up and get grooving with the music you're playing. After everyone seems to be in their element, you could spice things up a bit.

"When I tap your shoulder, you'll have 10 seconds to show off your best dance move to the judges. This is your moment to shine. Don't waste it. Impress the judges!"

Tap your first volunteer and silently give them some time. If they don't do much, you can end their time by saying, "Alright, now for the next dancer. Your turn to rock it!". If they do something dramatic, give them some extra time and highlight their ambition by saying, "Woah! Get a load of this judges!" To transition from a dramatic dancer, you could say, "Amazing stuff! Now, let's prepare for our next dancer to take the stage." If, at any point, a volunteer doesn't step forward and dance, you can subtly signal them to by repeating your invitation for them to bust a move while lightly tapping their shoulder. Never underestimate what volunteers may try to pull off and stick close by in case someone looks like they're going to dance off stage or unintentionally hurt themselves/others while dancing. This routine can get crazy sometimes.