



# 15 Dance-Related Narrative Prompts



1. Your grandmother, who rarely speaks about her youth, begins to dance in the kitchen when a particular song comes on the radio. Describe this revealing moment.
2. Your normally serious math teacher reveals they were once a professional ballet dancer and agrees to demonstrate a move. Capture this unexpected classroom moment.
3. You discover an old video showing your usually reserved parent performing an amazing dance routine in their youth. Write about watching this footage for the first time and what it reveals.
4. You're at your first high school dance. The DJ puts on a song that gets everyone—even the wallflowers—rushing to the dance floor. Describe this transformative moment through your eyes.
5. The power goes out during your community's cultural festival, but instead of stopping, the traditional dancers continue in darkness. Write about how this changes the experience.
6. You're in Brazil during Carnival, and a parade performer pulls you from the crowd to join their samba line. Capture the sensations, sounds, and emotions of those first steps.
7. While visiting a remote village, you're invited to participate in a harvest celebration dance that has been performed for centuries. Capture your character's emotions as they learn the steps.
8. You've traveled to Spain and stumble upon a secret flamenco performance in an ancient courtyard. As you watch the dancer's graceful movements, you notice tears streaming down the face of an elderly woman in the audience. Write about this moment.
9. While traveling to a village, you're invited to participate in their traditional jumping dance. Write about the moment you realize the meaning behind each movement.
10. During a school trip to South Korea, you observe a group of elderly people performing a synchronized dance in a park at dawn. Write about this serene moment and its impact on you.
11. A street performer in New York is breakdancing when suddenly the music cuts out. Without missing a beat, they continue dancing to a different rhythm. Write about what happens next.
12. You're watching a traditional Irish dance competition when you notice the defending champion's shoe coming loose. Write about those crucial seconds from either the dancer's or audience's perspective.
13. You witness two strangers from different countries who don't speak each other's language begin an impromptu dance together at an international airport. Describe this wordless connection.
14. You're in New Orleans when a second line parade passes by, and the joy is so infectious you can't help but join in. Describe your journey through the streets with these strangers-turned-friends.
15. A famous dancer from your culture is performing their final show before retirement. Describe the exact moment they take their last bow from either their perspective or someone in the audience.



## Personal + Family

1. Your grandmother, who rarely speaks about her youth, begins to dance in the kitchen when a particular song comes on the radio. Describe this moment.
2. Your serious math teacher reveals they were a professional ballet dancer and demonstrates a move. Capture this unexpected moment.
3. You discover an old video showing your usually reserved parent performing an amazing dance routine in their youth. Write about watching this footage for the first time and what it reveals.
4. You're at your first high school dance. The DJ puts on a song that gets everyone—even the wallflowers—rushing to the dance floor. Describe this transformative moment through your eyes.
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## Global Dance

6. You're in Brazil during Carnival, and a parade performer pulls you from the crowd to join their samba line. Capture the sensations, sounds, and emotions of those first steps.
7. While visiting a remote village, you're invited to participate in a harvest celebration dance.. Capture your emotions as you learn the steps.
8. You've traveled to Spain and stumble upon a secret flamenco performance in a courtyard. As you watch the dancer's graceful movements, you notice tears streaming down the face of an elderly woman. Write about this moment.
9. While traveling to a village, you're invited to participate in their traditional jumping dance. Write about the moment you realize the meaning behind each movement.
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## Unexpected moments

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