



Test Lab - Dance Merit Badge Workbook

SCOUTMASTER BUCKY

Test Lab – Dance Patches are 1-1/2 inch in size and are available for \$3.25 each (plus shipping) through Scoutmaster Bucky. Email for information: ScoutmasterBucky@yahoo.com

Scouts participating in a Scoutmaster Bucky Scouts BSA Test Lab merit badge opportunity, whether online or in person, should consider using the Dance Test Lab class preparation pages for clarifications, insights, and expectations.

<https://scoutmasterbucky.com/merit-badges/dance-tl/dance-tl-cpp.pdf>

THE TEST LAB FOR THE DANCE MERIT BADGE IS EFFECTIVE UNTIL NOVEMBER 1, 2026. AT THAT TIME, THESE REQUIREMENTS WILL DISAPPEAR AND THE SURVEYS WILL BE CLOSED. [CLICK HERE TO GO TO SURVEY](#)

REQUIREMENT 6a REQUIRES PARENT / GUARDIAN PERMISSION.

REQUIREMENT 1a Explain to your counselor how you can prevent injuries while participating in dancing activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

INJURY #1

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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INJURY #2

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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INJURY #3

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



INJURY #4

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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REQUIREMENT 1a

Explain what you need to take into consideration before trying potentially dangerous moves including but not limited to jumps, flips, and lifts.

Jumps:

Flips:

Lifts:

Notes:



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REQUIREMENT 1b: Explain to your counselor how to appropriately warm-up prior to dancing activities to protect joints and prevent injury.

Notes:

REQUIREMENT 1b: Demonstrate three dance warm-ups.

**This requirement must be reviewed with your merit badge counselor.
BE PREPARED!**



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REQUIREMENT 1c: Show that you know first aid for injuries that could occur while dancing, including cuts, scratches, abrasions, concussions, blisters, sprains, stress fractures, tendonitis, and back injuries.

CUTS:

Prevention:

Symptoms:

Treatment:

SCRATCHES:

Prevention:

Symptoms:

Treatment:



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BLISTERS:

Prevention:

Symptoms:

Treatment:

SPRAINS:

Prevention:

Symptoms:

Treatment:



STRESS FRACTURES:

Prevention:

Symptoms:

Treatment:

TENDONITIS:

Prevention:

Symptoms:

Treatment:



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BACK INJURIES:

Prevention:

Symptoms:

Treatment:

REQUIREMENT 1d: Explain the importance of wearing the right clothing and gear for dance, including appropriate footwear.

Notes:



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REQUIREMENT 2:	
Describe the 5 Elements of dance: Body, Action (Relationships), Space, Time, and Energy.	
Body:	
Action (Relationships):	
Space:	
Time:	
Energy:	



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REQUIREMENT 3:

Name and briefly describe SIX types or styles of dancing from the following list, noting if this is a dance that may be performed alone, if the dance generally requires a partner or group, or if it could be either a solo or partner dance.

- | | | |
|-------------------------------|--------------------------------|------------------|
| a. Acrobatics / Acro Dance | f. Clogging | k. Jazz |
| b. Aerial (Silks, Hoop, etc.) | g. Contemporary / Modern | l. Latin Dances |
| c. Ballet | h. Country-Western | m. Square Dances |
| d. Ballroom Dances | i. Folk & Traditional/Cultural | n. Swing Dance |
| e. Breakdancing | j. Hip Hop | o. Tap Dance |

DANCE #1:

Name:

Notes:

DANCE #2:

Name:

Notes:



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DANCE #3:

Name:

Notes:

DANCE #4:

Name:

Notes:

DANCE #5:

Name:

Notes:



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DANCE #6:

Name:

Notes:

REQUIREMENT 4:

Research TWO of the types of dance you learned about in requirement 3 by doing the following for EACH type of dance you chose:

- Give a brief history, including its origin, how it came to be in the United States if it originated elsewhere, and where in the world/country it is most often performed.
- Name/describe different variations of this style of dancing, if any.
- Name some specific types of dance steps/moves particular to this type of dance. Does this dance tell a story through movement? If so, please describe.
- Include information on at least one person who became well-known performing, teaching, or choreographing this type of dance.
- Note if anyone with a physical disability (such a person with hearing or sight impairment or a person who uses a wheelchair) could participate in this type of dancing. What accommodations would that person need to participate?
- Locate and share a place near you/in your state where you could watch or participate in this type of dance as a part of a performance, competition, or class. Find out when and where this is offered and what the cost would be to watch or participate.
- Watch a performance of this type of dance and discuss with your counselor. (While viewing an in-person performance is preferable, a recorded performance may also be permitted.)





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SELECTED DANCE #1:	
Dance:	
DANCE #1 REQUIREMENT 4a:	Give a brief history, including its origin, how it came to be in the United States if it originated elsewhere, and where in the world/country it is most often performed.
Notes:	
DANCE #1 REQUIREMENT 4b:	Name/describe different variations of this style of dancing, if any.
Notes:	



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DANCE #1
REQUIREMENT 4c:

Name some specific types of dance steps/moves particular to this type of dance.
Does this dance tell a story through movement? If so, please describe.

Notes:

DANCE #1
REQUIREMENT 4d:

Include information on at least one person who became well-known performing, teaching, or choreographing this type of dance.

Notes:



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DANCE #1 REQUIREMENT 4e:

Note if anyone with a physical disability (such a person with hearing or sight impairment or a person who uses a wheelchair) could participate in this type of dancing. What accommodations would that person need to participate?

Notes:

DANCE #1 REQUIREMENT 4f:

Locate and share a place near you/in your state where you could watch or participate in this type of dance as a part of a performance, competition, or class. Find out when and where this is offered and what the cost would be to watch or participate.

Notes:

DANCE #1 REQUIREMENT 4g:

Watch a performance of this type of dance and discuss with your counselor. (While viewing an in-person performance is preferable, a recorded performance may also be permitted.)

Live / Recorded Performance Description:

Notes:



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SELECTED DANCE #2:

Dance:

DANCE #2

REQUIREMENT 4a:

Give a brief history, including its origin, how it came to be in the United States if it originated elsewhere, and where in the world/country it is most often performed.

Notes:

DANCE #2

REQUIREMENT 4b:

Name/describe different variations of this style of dancing, if any.

Notes:



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DANCE #2
REQUIREMENT 4c:

Name some specific types of dance steps/moves particular to this type of dance.
Does this dance tell a story through movement? If so, please describe.

Notes:

DANCE #2
REQUIREMENT 4d:

Include information on at least one person who became well-known performing, teaching, or choreographing this type of dance.

Notes:



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DANCE #2 REQUIREMENT 4e:

Note if anyone with a physical disability (such a person with hearing or sight impairment or a person who uses a wheelchair) could participate in this type of dancing. What accommodations would that person need to participate?

Notes:

DANCE #2 REQUIREMENT 4f:

Locate and share a place near you/in your state where you could watch or participate in this type of dance as a part of a performance, competition, or class. Find out when and where this is offered and what the cost would be to watch or participate.

Notes:

DANCE #2 REQUIREMENT 4g:

Watch a performance of this type of dance and discuss with your counselor. (While viewing an in-person performance is preferable, a recorded performance may also be permitted.)

Live / Recorded Performance Description:

Notes:



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REQUIREMENT 5a: Learn a dance. Use at least THREE types of warm-ups prior to your routine to prepare different muscle groups for the exercise. The dance may be solo, group, or partner dance and can use a memorized choreographed routine or an improvised dance. It should be a minimum of 2 minutes long or several shorter dances that add up to at least 2 minutes. The dance should demonstrate at least three different dance moves/steps and should contain music with Scout-appropriate lyrics, if applicable.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 5b: Perform the dance for your counselor or submit a video of your performance to your counselor. Describe to your counselor what precautions you took to avoid injury before and during your performance. Name or describe the 3 different dance moves that you learned, the 3 different warm-ups you chose, and the 5 Elements of Dance in your routine.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:



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DO ONE OF THE FOLLOWING (6A or 6B) FOR REQUIREMENT 6

REQUIREMENT 6a: Explore careers related to Dance. Research one career to learn about the training and education needed, costs, job prospects, salary, job duties, and career advancement. Your research methods may include — with your parent or guardian's permission — an internet or library search, an interview with a professional in the field, or a visit to a location where people in this career work. Discuss with your counselor both your findings and what about this profession might make it an interesting career.

PARENT/GUARDIAN PERMISSION: IS REQUIRED.

Parent's / Guardian's Name

Phone or Email

Parent's / Guardian's Signature

Date

☐

permission

Selected Career Opportunity:

Training Requirements:

Education Requirements:

Cost Requirements:



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Job Prospects:

Salary:

Job Duties:

Career Advancement:

Notes:



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REQUIREMENT 6b: Explore how you could use knowledge and skills from dance to pursue a hobby. Research any training needed, expenses, and organizations that promote or support it. Discuss with your counselor what short-term and long-term goals you might have if you pursued this.

Training:

Expenses:

Organizations:

Short-Term and Long-Term Goals:

REQUIREMENT 7: Complete the survey to complete the test lab requirements. [Click here](#)

You will need to complete the survey and follow its instructions in order to gain credit for completing this Test Lab Merit Badge