

Dance Freeze Outdoors – Game Instruction

Title: Dance Freeze Outdoors

Category: Outdoor

Subcategory: Females

Players: 3+ players

Time Required: 10–15 minutes

Description

A high-energy dance game where players show off their moves until the music stops — then they must freeze like statues!

Materials Needed

- Music player or phone
 - Outdoor space with room to move
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How to Play

- Play upbeat music and let everyone dance, twirl, and spin.
 - Pause the music at random — players must freeze instantly!
 - Anyone who moves is out or does a fun pose challenge.
 - Keep playing until one dancer remains — or start again for fun!
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Tips & Variations

- Use princess, pop star, or fairy tale soundtracks.
- Award fun titles: “Best Spin,” “Most Graceful Freeze,” etc.
- Encourage twirling, ribbon dancing, or fancy footwork.
- Let players take turns being the DJ.