



VARSITY // BRANDS

MISSION 4: LIL SUGAR DANCE



Watch this activity demo on 

The Goal:

Follow the dance instructional video to learn and do the Lil Sugar Dance.

What You Need:

Dance Video and Video Player

HIP HOP
public health



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How To Play:

- It's time to learn about hidden sugar while performing the Lil Sugar Dance.
- Dancing is a great way to balance our energy. Every dance move burns calories and works to keep our bodies and brains healthy.
- Watch the video and practice the dance.
- Then, download or stream the Lil Sugar Song to perform the dance for your friends and family.

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