

Dance Daze® At Home Challenge #1: Cross-Lateral Movements



1: What is a cross-lateral movement?

A cross-lateral movement is a motion that activates both sides (or hemispheres) of the brain when we move both sides of the body. This kind of movement requires that we cross the midline of our body or move our body in opposition. Some examples of movements that stimulate both sides of the brain are walking, running, crawling, skipping, and swimming.

2: What is a midline?

The midline is an imaginary line that goes straight down the center of the body. When we move one side of our body to the other side and back, we are doing a cross-lateral movement. We can do this by bringing our right elbow to our left knee or by bringing our left elbow to our right knee.

3: Why are cross-lateral movements important?

Some research shows that practicing cross-lateral movements can help improve our physical coordination, spatial awareness, and focus. These movements can also help us with activities such as learning a language or reading.