

116TH CONGRESS  
2D SESSION

# H. RES. 1122

Expressing support for dance as a form of valuable exercise and of artistic expression, and for the designation of September 19, 2020, as “National Dance Day”.

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## IN THE HOUSE OF REPRESENTATIVES

SEPTEMBER 17, 2020

Ms. NORTON submitted the following resolution; which was referred to the Committee on Energy and Commerce

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## RESOLUTION

Expressing support for dance as a form of valuable exercise and of artistic expression, and for the designation of September 19, 2020, as “National Dance Day”.

Whereas Nigel Lythgoe, executive producer and celebrity judge for the dance-themed television show “So You Think You Can Dance”, in association with the American Dance Movement, has encouraged the creation of National Dance Day celebrations across the country, beginning with the first National Dance Day on the National Mall in 2010;

Whereas the American Dance Movement and the John F. Kennedy Center for the Performing Arts, in conjunction with the office of Congresswoman Eleanor Holmes Norton, will celebrate National Dance Day on September 19,

2020, in the District of Columbia, through virtual events hosted by the John F. Kennedy Center for the Performing Arts;

Whereas National Dance Day has captured the imagination of people throughout the Nation and around the world, and has helped popularize dance as an art form, as a form of exercise, and as a way of having fun;

Whereas States and cities across the country have been encouraged to celebrate National Dance Day with virtual events;

Whereas National Dance Day has spread and will be celebrated this year with two events cohosted by the American Dance Movement and the John F. Kennedy Center for the Performing Arts in the District of Columbia and the Segerstrom Center for the Arts in Costa Mesa, California;

Whereas National Dance Day encourages many forms of dance expression, representing the Nation's rich artistic, regional, ethnic, and racial diversity;

Whereas National Dance Day features the full spectrum of dance, from classical, to popular, to line and partner dances;

Whereas dance helps improve heart health, burn calories, strengthen muscles, and improve flexibility for people of all ages;

Whereas health officials have repeatedly documented an overweight and obesity epidemic in the United States;

Whereas dance, in all its variations, is a popular form of physical exercise;

Whereas this year at the John F. Kennedy Center for the Performing Arts, the following organizations from the District of Columbia will entertain and encourage dance, with virtual classes for the whole family: CityDance POP!, Dance Loft on 14, Dance Place, DivaDance DC, Northeast Performing Arts Group, and Washington Ballet’s SE Campus at THEARC, among others;

Whereas in advance of National Dance Day, instructional videos are available on the American Dance Movement YouTube channel featuring dance routines for all skill levels to be performed by audiences on National Dance Day; and

Whereas National Dance Day has been celebrated annually for the past 10 years: Now, therefore, be it

1        *Resolved*, That the House of Representatives—

2            (1) supports the designation of “National  
3        Dance Day” to celebrate and encourage a national  
4        commitment to dance and dance education;

5            (2) acknowledges that dance is making an im-  
6        portant contribution to health by encouraging phys-  
7        ical fitness and reducing obesity;

8            (3) commends Nigel Lythgoe for his leadership  
9        in promoting dance and National Dance Day; and

10          (4) thanks the American Dance Movement for  
11        its continuing efforts to spread awareness of Na-  
12        tional Dance Day.

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