



## **American Dance Movement Unveils Official 2022 National Dance Day Routine Choreographed by An All-Star Team Led by Emmy Award Winner Derek Hough, Hayley Erbert and Cost n' Mayor**

***Tweet It:** Who's ready to learn the official #NationalDanceDay2022 routine? Get ready to dance with @derekhough, @hayley.erbert and @cost\_n\_mayor in @DanceWithADM's annual routine. Watch it now: <https://bit.ly/NationalDanceDay2022>. #AmericanDanceMovement*

**LOS ANGELES – Aug. 29, 2022** – [American Dance Movement](#) (ADM), has debuted the official National Dance Day 2022 routine with choreography by Emmy winner Derek Hough, “Dancing with the Stars” standout Hayley Erbert and popular choreography duo Cost n’ Mayor. This year’s routine is set to Rhys Fletcher and Rusty B’s high-energy collaboration, “Burning (La La La),” which will serve as the National Dance Day anthem during its global celebration on Saturday, Sept. 17.

An acclaimed choreographer, dancer and actor, Hough holds the record, alongside Debbie Allen, for the most Emmy nominations for Best Choreography with 12 nominations and three wins. He also recorded six “Dancing with the Stars” victories and now serves as one of the series’ judges. Alongside him both professionally and personally, Erbert has dazzled “Dancing with the Stars” audiences, competed on FOX’s “So You Think You Can Dance,” was featured in the ABC special “Step Into The Movies” and has danced alongside stars including Pitbull, Carrie Underwood and Paula Abdul. Austin and Marideth Telenko, more commonly known as Cost n’ Mayor, are a choreography duo who have quickly gained fame sharing their talent, humor and artistry with their more than six million social media followers; choreography for ABC and companies including Lexus, Mastercard and Procter & Gamble.

Since 2010, ADM has created an instructional dance video of the National Dance Day routine that invites participants to learn original choreography and put their own twist on it. The routine unites dancers and dance enthusiasts around the globe to come celebrate National Dance Day as a form of artistic expression and valuable exercise.

This year’s instructional video includes a step-by-step tutorial of the National Dance Day routine, performed by Hough, Erbert, Cost n’ Mayor and other talented dancers including Chelsie Hill, Paula Ayotte, Lyrik Cruz and Kris Terry. The tutorial provides translated options of the choreography in an effort to include participants of all abilities and skill levels. This year’s routine is available on ADM’s YouTube channel and website at <https://bit.ly/NationalDanceDay2022>.

Anyone may participate in National Dance Day by recording a video of themselves doing the choreographed routine and sharing on social media tagging and mentioning ADM on Instagram and Facebook at @AmericanDanceMovement. Participants may also join interactive co-hosted events around the country in The John F. Kennedy Center for the Performing Arts in Washington, D.C.; Segerstrom Center for the Arts in Costa Mesa, California; the Raymond F. Kravis Center in West Palm Beach, Florida; the Wallis Annenberg Center for the Performing Arts in Beverly Hills, California; and Westfield Century City in Los Angeles.

ADM has been encouraging communities to get moving through dance for more than a decade by funding dance education in underserved communities, as well as educating the public on the many benefits of dance, such as improved cardiovascular health, self-confidence, self-expression, social skills and more.

To learn more about American Dance Movement and National Dance Day, visit the website at [AmericanDanceMovement.org](http://AmericanDanceMovement.org).

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**About American Dance Movement:**

Founded by producers Nigel Lythgoe (“So You Think You Can Dance”), and Adam Shankman (“Hairspray”, “Step Up,” “What Men Want”), American Dance Movement (ADM), formerly Dizzy Feet Foundation, is a funding organization that builds healthy communities by expanding access to dance and movement, educating about its benefits, and inspiring generations of dance enthusiasts through its annual event, National Dance Day (NDD). American Dance Movement – on a mission to move us all. To learn more about American Dance Movement and National Dance Day, visit the website at [AmericanDanceMovement.org](http://AmericanDanceMovement.org), on [Twitter](#) at @DanceWithADM and on [Instagram](#), [Facebook](#) and [YouTube](#) at @AmericanDanceMovement.

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