

Moscow Weekend Fun: Best Buddies' Dance-a-Thon

By [The Moscow Times](#)

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The Best Buddies Dance-a-thon is not only the biggest dance marathon in Moscow – it's the only one.

Are your spirits a bit low? Desperate for spring? Need a pick-me-up?

You're in luck. On Sunday Stadium Live is hosting the 5th annual Best Buddies Dance-a-thon. All day, from noon to 9 p.m., the big hall will be filled with music, lights, DJs, and dancing. You'll be able to dance with some movie stars, take a master class by a great choreographer, do some crafts, or try your luck in a contest. The hall will be filled with all kinds of folks: big folks and little folks, kids and adults, people with disabilities and people without them, famous Russian pop singers, world-renowned dancers, choreographers and dance troupes... and someone's Uncle Max who loves to get down. There will even be a dancing dog.

And if you get hot or thirsty or hungry, there will be snacks and drinks available.

All the proceeds from the event will go to support programs by Best Buddies, Russia —

a charitable organization that supports people with intellectual and developmental disabilities and works to fully integrate them into society, through one-on-one friendships, leadership programs, and other activities.

Come alone or bring a friend to enjoy Moscow's best — and only — dance marathon!

Stadium Live. 80 Leningradsky Prospekt, Bldg. 17. Metro Sokol. bestbuddies.ru. Sun. April 24, noon to 9 p.m.

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