

Practice checklist – Beginner

You can place a sticker or a check mark here once a week													Movement	Tips
													Toe Points	8 on Right, 8 on Left – 2 X's Try using jumping, switching ones too Keep back foot turned out
													Ups (to knee) Standing	X's 8 on R and L slow Then 8 bars on each medium speed Then 8 bars on R/L fast
													Ups (hoping)	8x's R, 8x's L Repeat all 2x's Keep back heel off floor Point front toe, watch turn out
													Sevens	4X's R, 4 X's L Keep knees straight Turn out both feet
													Skip 123's	Do 16 in a row, take a break, repeat Cross feet, point toes when lift in back
													Turns (sevens)	Try the turn on both right and Left 8x's R, 8x's L
													Point hop backs	Legs nice and straight. Don't fake the point. Try doing 16 in a row, rest, then 16 more.
													Big 123's	Try to keep front leg straight in the air. Kick bum, arms straight, high front leg. Point toes, cross feet Do 16 in a row, take a break, repeat
													Cuts – standing and jumping	8 on Right, 8 on Left – 2 X's Once standing and once jumping Keep back foot turned out Point front toe and bring it up high
													Ralleys	On spot R for 2 sets of 8 On spot L for 2 sets of 8
													Rally hop backs	SLOW motion for 2 sets of 8 Normal speed for 3 sets of 8 Turn out, on toes, straight knees
													Ralley Fwds	SLOW motion for 2 sets of 8 Normal speed for 3 sets of 8

*Remember to: Always keep arms down by sides when practicing, Cross feet, Turn out toes, Stay high up on toes, Have fun!!! 😊

How to practice: The optimal way to practice would be to dance through the whole list, three times a week. Remember, each hour of class requires 5 hours of practice time to perfect what you have learned!