

Practice checklist – Intermediate

You can place a sticker or a check mark here once a week													Dance	Tips
													Reel	Try jumping as high as you can every time you do a one-two-three, making sure your arms stay straight and in. Especially near the end of your dance.
													Light Jig	Don't forget the third hop in your lead around. Make sure your toes are turned out during the "lifts" and be sure your knee is coming as high as you can get it.
													Single Jig	
													Slip Jig	Timing, timing. This one is tricky. Also, watch the back foot turn-out during the cuts in the side step.
													Treble Jig	Turn out!! Make sure all of your ralleys are clear and easy to hear.
													Hornpipe	Timing. This one is fast but your beats should still all be even and clear.
													St. Patrick's Day	Rocks. Make sure your knees and ankles are together and that your toes don't move around as you do them.

*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. When working on a dance, you should try and do a whole run of it and ALSO, spend some time working on bits of the dance that you need to work on. If you have trouble getting through the whole list at once, try half and a break. Or, try doing half one day and half the following day (which would mean you would have to dance every day to finish the list).

Note: Music is the best way to keep energized and interested. Well, it is for me when I practice!