

Practice checklist – Intermediate II

You can place a sticker or a check mark here once a week													Movement	Tips
													Cuts	8 on Right, 8 on Left – 2 X's Try jumping as high as you can every time. Keep back foot turned out Point front toe and bring it up high
													Ups (to knee)	8 in a row on R then L. Then 4 on each X2, then 1 on each with leap in btwn X16. Use this one to increase endurance
													Overdowns	Try to keep front leg stationary in the air for a moment. Kick bum, arms straight, high front leg. Point toes
													Switch point 12's	Legs nice and straight. Don't fake the point. Try doing 24 in a row, rest, then 24 more.
													Lift back (hop back)	16 on each leg Make a giant backward circle with your leg. Try and bring the leg straight up to your nose and then bend knee and bring it back.
													Twists	Sets of 8 X8 Start in slow motion to make them perfect Do forwards and backwards
													Rocks	Right and Left in Hard and soft shoes Make sure your knees and ankles are together and that your toes don't move around as you do them.
													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
													Ralley cut rally hop back and back 234.	Do 16 times on each foot Point toe on cut. Make sure rallies are clear!

*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!