

## Practice checklist – Tiny Toes

You can place a sticker or a check mark here once a week											Movement	Tips
											Toe Points	Try doing 8 slow on each foot
											Gallops	Do 8 gallops on the right, then 8 on the left Repeat 2 more times
											Skips	Try doing 8 in a row, 4 times Point the toe that is lifting up behind Practice slowly to get the pointed toe
											Sevens	Remember that count One is a leg lift Practice these on the <b>right</b> and the <b>left</b> When moving Right, Right leg is in front When moving Left, Left leg is in front Stay really high on the toes Don't forget to count!
											Skip two threes	Point toes when lifting up behind <b>and</b> point the front toe. Do 8 in a row, 4 times
											Dance (Reel) First step and Second step	Do the whole dance at least <b>three</b> times

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

Parents: The optimal way to practice would be for the dancer to go through the whole list, three times a week. If your dancer has trouble getting through the whole list, try half and a break. Or, try doing half one day and half the following day. Music is the best way to keep them energized and interested, well, it is for me when I practice!

All the repetitions listed are minimum amounts. If your dancer has the energy or is enjoying a movement, more repetitions can be added.