

Practice Warm-up checklist – Advanced Hard Shoe

Write in the date each time you practice to keep track of progress													Movement	Amount	
													Ralleys on spot	8 bars slow, 8 bars fast	Do all on Right, then all Left, 3 times through
													Ralley hop back	Slow motion 8 bars Fast 8 bars	Two times
													Ralley Forward	Slow motion 8 bars Fast 8 bars	Two times
													Ralley Cuts	8 bars R/L –X2	
													Double and cuts – moving back	8 bars R/L –X2	
													Doubles in the back	8 bars R/L –X2	
													Drums (heels)	Slow 8 bars R/L Fast 8 bars R/L	Two times
													Double clicks	8 bars R/L –X2	Double clicks
													Toe toe and toes	8 bars R/L –X2	
													Leg lifts	2 counts ea. – X4 4 counts ea. – X2 1 count ea. – X8	Do all on R, then all on Left. Then repeat.
													Sit ups	As many as you can in 16 bars – X2	Take an 8 bar rest between the two sets.

*Remember to: Always keep arms down by sides, Cross feet, Turn out toes, Stay high up on toes, Even during warm-ups. Have fun!!! 😊

How to use: The optimal way to use this list would be to dance through the whole list before practicing your hard shoe dances. Remember to try and practice at least 3 times a week.