

## Practice Warm-up checklist – Advanced Soft Shoe

Write in the date each time you practice to keep track of progress													Movement	Amount	
													Leg lifts	2 counts ea. X4 4 counts ea. X2 1 count ea. X 8	Do all on Left, then all Right, 2 times through
													Ankle Circles standing	16 Right, 16 Left X2	
													Tips	16 bars R/L 8 bars R/L 4 bars R/L - X2 2 bars R/L – X4	
													Ups and Leaps	3 ups, 1 leap 2 ups 1 leap 1 up, 1 leap No ups, just leaps	Do each for 8 bars. Perform whole exercise twice.
													Cuts standing	8 on R, 8 on L – X2	Do one cut per bar
													Cuts jumping	8 on R, 8 on L – X2	
													Scissors: laying down or using chairs	As many as you can in 16 bars – X2	Do EITHER these two or the Double bum two
													Scissors jumping	8 on R, 8 on L – X2	One jump per bar
													Double bums standing	8 on R, 8 on L – X2	One per bar
													Double bums jumping	8 on R, 8 on L – X2	
													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 soft shoe dances. Remember to try and practice at least 3 times a week.