



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

INTERMEDIATE & ADVANCED DANCE

DAY OF THE WEEK: THURSDAY, MARCH 19

THE WARM UP!

This is something you can incorporate EVERY DAY! Let's get Warm! Put on your favorite song that gets you hype!

<https://www.youtube.com/watch?v=sJFnAEIaKVQ>

DAY OF THE WEEK: FRIDAY, MARCH 20

FOCUS: GRAND ECARTE A LA QUATRIEME OR A SPLIT

This requires a lot of stretching before hand so as you try this at home please be sure to STRETCH. Sit on the floor in a wide v and take your body over to the left leg. As you remember to breathe every time you exhale allow your body to get closer to your leg. Try doing 10 deep breaths to the right, to the left and in the middle. If you have a parent or guardian around, they can assist you by pressing GENTLY on your back to help push you down. Follow along in this video!

<https://www.youtube.com/watch?v=4N30-iBExSc> (Intermediate)

<https://www.youtube.com/watch?v=n-bbRK4mGqQ> (Advanced)



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DAY OF THE WEEK: SATURDAY, MARCH 21

FOCUS: JAZZ BASICS

Go over your jazz basics and then try the routine! Share a video of your dance to your favorite song!

https://www.youtube.com/watch?v=Z4Xb7_rPkV0 (basics)

<https://www.youtube.com/watch?v=NHfrgQxt7jY> (routine)

<https://www.youtube.com/watch?v=TVDjNVufWJg> (routine Advanced)

DAY OF THE WEEK: SUNDAY, MARCH 22

FOCUS: HIP HOP

Try this routine for some cool Hip-Hop moves. For my advanced dancers, how can you manipulate the movement to fit fast or slow music? Give it a try and send us your moves!

<https://www.youtube.com/watch?v=n2OxAFYHV0U>

Fun & Conditioning

LES MILLS TIME!

<https://bit.ly/2WkCHpw>

DAY OF THE WEEK: MONDAY, MARCH 23

PIROUETTES & FOUETTES

A dancer's spin, especially when he's balanced on one foot, is a **pirouette**. **Fouetté** turns are a classical ballet **term** meaning "whipped turns." A **fouetté** turn is when a **dancer**, usually female, does a full turn in **pas de bourrée** (pirouette), followed by a **plié** on the standing leg while the **retiré** leg extends to **croisé front** and **rond de jambes** to the side (*a la seconde*).

Pirouette <https://www.youtube.com/watch?v=M6jIWe7ERc&t=32s> (Intermediate)

Fouettés <https://www.youtube.com/watch?v=0BOTs5LI1Uqn> (Advanced)

Pirouette/Fouettés <https://www.youtube.com/watch?v=Rq0ovsiB4MQ> (tutorial)



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DAY OF THE WEEK: TUESDAY, MARCH 24

FOCUS: ARABESQUE

It means to take one leg back like a kick, but you hold it in the air! Can you count to five while your leg is in the air try your right and left? I knew you could do it! Now try 10 seconds!

<https://www.youtube.com/watch?v=mD3CB2jzzhE>

DAY OF THE WEEK: WEDNESDAY, MARCH 25

FOCUS: BALLET CLASS

Who says you have to have a barre to take a ballet class?! All you need is a chair or a wall. Let's get started!

<https://www.youtube.com/watch?v=Uy67yin1yI>

Fun & Conditioning

LES MILLS TIME!

<https://bit.ly/392eerN>

DAY OF THE WEEK: THURSDAY, MARCH 26

CONTEMPORARY DANCE CLASS

Try this class it's a warm- up, stretch class and you will learn a routine! This class may be a little on the advanced side, but a great way to build muscle memory and challenge yourself in your dance growth.

<https://www.youtube.com/watch?v=Rcz-nAWtOZk>



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DAY OF THE WEEK: FRIDAY, MARCH 27

FOCUS: A TIK TOK TUTORIAL (RENEGADE)

I'm sure you've been waiting for this one! Grab your parent and see if they will learn it with you! We'd love to see how you and your family get moving at home!

<https://www.youtube.com/watch?v=3MvjnpK3Jrw>

DAY OF THE WEEK: SATURDAY, MARCH 28

FOCUS: FLOOR WORK

This a mix of lyrical, modern and contemporary floor work. Make sure you have plenty of space to try some of these moves and I would strongly advise to wear pants (carpet and floor burns leave marks 😊) and try this little combo!

<https://www.youtube.com/watch?v=-jHrR8vy3OM>

Fun & Conditioning

LES MILLS TIME!

<https://bit.ly/2x2J7yV>

DAY OF THE WEEK: SUNDAY, MARCH 29

LYRICAL PIECE!

Try this one out! Try putting this piece to your favorite song and send us a video!

https://www.youtube.com/watch?v=QmA4DZC_gwY