**Dance- Beginners**

(parents a lot of this movement in this week is repetitive from last week due to the attention span and comprehension of your beginner dancers.)

March 30th

**Port De Bras**

Try these positions at home! Remember to stand straight and long like a popsicle. Head held high (so your crown doesn’t fall). Once you’ve mastered the feet and arms separately try moving through arms together and see how fast you can go, while of course keeping great posture.

https://www.youtube.com/watch?v=KamuzJs7CpQ

March 31st

**Demi Plies and Grand Plies**

Demi means small, Grande means big and plie means to bend! **Try 2 Demi Plies and then 1 Grand plie and count to 8. I demi should take 2 counts and your grand plie should take 4 counts.**

1,2 Demi 3,4 Demi 5,6 grand plie all the way to the floor 7,8 back up to standing. (remember head up back straight) Remember to stand straight and long like a popsicle. Head held high (so your crown doesn’t fall). It’s all about posture and straight lines!

https://www.youtube.com/watch?v=ZVefH7S9-CM

April 1st

**Tendu/Degage**

Tendu means to stretch and that’s just what you’re going to do! Stretch the foot. Try your tendu in 1st, 2nd and 5th position with your arms and then try to count backwards from 4 on each leg! 4 right, 4 left, 3 right, 3 left, 2 right, 2 left 1 right and 1 left.

Degage means to disengage. Lifting your toes slightly off the floor. Same as your tendu but taking toes off the floor. Try your degage in 1st, 2nd and 5th position with your arms and then try to count backwards from 4 on each leg! 4 right, 4 left, 3 right, 3 left, 2 right, 2 left 1 right and 1 left.

https://www.youtube.com/watch?v=OlqAsx-YFNc (tendu)

https://www.youtube.com/watch?v=Jp1-hZ8f6nl (degage)

April 2nd

**Releve**

Releve means to balance on your toes. Try your releves on 1 leg! Releve with 1st position arms, Releve with 2nd positions arms, Releve with 3rd position arms, Releve with 4th position arms and Releve with 5th position arms! Remember to stand straight and long like a popsicle. Head held high (so your crown doesn’t fall).
https://www.youtube.com/watch?v=rNUZ1s150uc
April 3rd

**Elsa Frozen Dance**

Learn this fun and cute Frozen Dance! Do you have a princess or prince costume? Try this cool dance with your favorite costume on.

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

April 4th

**Arabesque/ Grand Battement (pronounced Bot-Ma)**

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 15 seconds! For your Grand Battements how high can you kick your leg to the front or side while keeping your posture. Don’t let that crown fall!

https://www.youtube.com/watch?v=mD3CB2jzzhE (arabesque)
https://www.youtube.com/watch?v=z6gD9_Cvvuw (grand battement)

April 5th

**Pas De Chat**

Pas De Chat means step of the cat. We get to Jump like Cats! Try your arms in 1st position. Remember to stand straight and long like a popsicle. Head held high (so your crown doesn’t fall). How many can you do in a row? Try 5, then 7, then 10!

https://www.youtube.com/watch?v=2ZFaUqV3_Do

April 6th

**Hip-Hop Dance**

https://www.youtube.com/watch?v=v811YlNSnOE

April 7th

**Bourrée**

Bourrée means to take small quick little steps. Try your bourrée’s with your arms in 3rd, 4th and 5th position moving to the front back and side! You’re such a natural! Remember to stand straight and long like a popsicle. Head held high (so your crown doesn’t fall).

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

April 8th

**Retiré**

Retiré means to is a balancing on one foot while the other is bent at the knee. It’s like making the number 4 with your feet! Can you try alternating your feet in retiré while turning in a circle? Omg, how
cool is that. Remember to stand straight and long like a popsicle. Head held high (so your crown doesn’t fall).

https://www.youtube.com/watch?v=UtCOx6S49QA

April 9th

Performance (Lets play your favorite song) Remember count to 8 for all your steps, Stand straight and long like a popsicle. Head held high (so your crown doesn’t fall). Ask your parent to record you and be sure to post it to our social media pages!

1, 2 Demi plie 3, 4 Demi plie 5, 6, 7, 8 Grande Plie

1, 2 Releve, 3 tendu right, 4 tendu right, 5 tendu right, 6 tendu left, 7 tendu left, 8 tendu left

1, 2 Arabesque right and hold 5, 6, 7, 8

1, 2 Arabesque left and hold 5, 6, 7, 8

1, 2 Pas De Chat, 3, 4 Pas De Chat, 5, 6 Pas De Chat, 7, 8 Pas De Chat

1, 2, 3, 4 Bourrée to the right, 5, 6, 7, 8 Bourrée to the left

1, 2, 3, 4 Bourrée to the front, 5, 6, 7, 8 Bourrée to the back

1, 2, 3, 4 Retiré to the right, 5, 6, 7, 8 Retiré to the left