



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

INTERMEDIATE & ADVANCED DANCE

DAY OF THE WEEK: MONDAY, MARCH 30

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> (Warm-Up)

<https://www.youtube.com/watch?v=lWP4IZIGRpY> (Stretching)

Feel Stretched out? Let's try some cool tricks

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

DAY OF THE WEEK: TUESDAY, MARCH 31

BALLET CLASS

Beginner Ballet Technique and Terminology. Follow along in this video!

<https://www.youtube.com/watch?v=Uy67yin1yII&t=7s> (Beginner)

<https://www.youtube.com/watch?v=ZSIfqTOowYk> (Intermediate)

<https://www.youtube.com/watch?v=M4IMa4Mp4qo> (Advanced)



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DAY OF THE WEEK: WEDNESDAY, APRIL 1

FOCUS: JAZZ BASICS

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

<https://www.youtube.com/watch?v=GDHWUqMQpgM> (basics)

<https://www.youtube.com/watch?v=4H89gaLRatc> (struts)

<https://www.youtube.com/watch?v=3rXJgoszvVc> (routine Intermediate/Advanced)

DAY OF THE WEEK: THURSDAY, APRIL 2

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=Kd-Va1m4s1E>

<https://www.youtube.com/watch?v=qyZWIB3r3Qw> (routine 2)

Fun & Conditioning

LES MILLS TIME!

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

DAY OF THE WEEK: FRIDAY, APRIL 3

7 RINGS COMBO

Try this movement designed for Arianna Grande's 7 Rings song.

<https://www.youtube.com/watch?v=qmohqMYlieQ> (Beginners)



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DAY OF THE WEEK: SATURDAY, APRIL 4

FOCUS: LEAPS

It's like doing a split in the air! Review your stretch class and split tutorial (last week) and try some leaps.

<https://www.youtube.com/watch?v=IWP4IZIGRpY> (Stretching)

<https://www.youtube.com/watch?v=EGIU79WJ6Dq> (leaps)

DAY OF THE WEEK: SUNDAY, APRIL 5

FOCUS: LYRICAL 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=Uy67yin1yII>

Fun & Conditioning

LES MILLS TIME!

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

DAY OF THE WEEK: MONDAY, APRIL 6

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=TCCneA6zIs>



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DAY OF THE WEEK: TUESDAY, APRIL 7

FOCUS: DANCE CONDITIONING

Ready to take your dance stamina to the next level? Incorporate these exercises in your daily routine!

<https://www.youtube.com/watch?v=sdZej7LNTIQ>

DAY OF THE WEEK: WEDNESDAY, APRIL 8

FOCUS: FLOOR WORK/BACK ROLLS

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=o2X9RGYmm6w>

Fun & Conditioning

LES MILLS TIME!

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

DAY OF THE WEEK: THURSDAY, APRIL 9

CONTEMPORARY PIECE!

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

<https://www.youtube.com/watch?v=iifXZh1IBds>



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DAY OF THE WEEK: FRIDAY, APRIL 10

FOCUS: PETIT ALLEGRO

Petit Allegro means small jumps. We will go through all the basic small jumps. Follow along in this video. If you do not have dance shoes you can wear tennis shoes.

<https://www.youtube.com/watch?v=aeN43sFinZs&t=117s>

DAY OF THE WEEK: SATURDAY, APRIL 11

CHOREOGRAPHY

<https://www.youtube.com/watch?v=ZfnX62i3saE>

DAY OF THE WEEK: SUNDAY, APRIL 12

PERFORMANCE DAY!

Put on your favorite outfit you can move in and choose one of the choreographed pieces you've learned over the last two weeks. Get performance ready with the help of your parent/guardian a little hair and make-up and give a great show to your family!

Remember, feel free to send us pictures!