



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLANS

BEGINNER DANCE

DAY OF THE WEEK: MONDAY, APRIL 13

FOCUS: COUNTING IN DANCE

Check out this video on counting in dance:

<https://www.youtube.com/watch?v=cA0sT7b80ek>

DAY OF THE WEEK: TUESDAY, APRIL 14

FOCUS: DEMI PLIES & 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. 1 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>



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DAY OF THE WEEK: WEDNESDAY, APRIL 15

FOCUS: 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=0lqAsx-YFNc> (tendu)

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

DAY OF THE WEEK: THURSDAY, APRIL 16

FOCUS: 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>

DAY OF THE WEEK: FRIDAY, APRIL 17

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=GjjkqBBpcBk>



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DAY OF THE WEEK: SATURDAY, APRIL 18

FOCUS: ARABESQUE/ GRAND BATTEMENT

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=z6qD9 Cvvuw> (grand battement)

DAY OF THE WEEK: SUNDAY, APRIL 19

FOCUS: 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>

DAY OF THE WEEK: MONDAY, APRIL 20

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>



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DAY OF THE WEEK: TUESDAY, APRIL 21

FOCUS: BOURREE

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=plyzKlinZPq>

DAY OF THE WEEK: WEDNESDAY, APRIL 22

FOCUS: RETIRE

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>

DAY OF THE WEEK: THURSDAY, APRIL 23

FOCUS: 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=2ZFaUgV3_Do

DAY OF THE WEEK: FRIDAY, APRIL 24

A TIK TOK TUTORIAL (RENEGADE)

This is a day to take a little more practice with that Renegade challenge 😊

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



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DAY OF THE WEEK: SATURDAY, APRIL 25

FOCUS: SAUTES

Sauté means to jump! Let's get poppin' like popcorn!

<https://www.youtube.com/watch?v=OtX9sLeZJ4c>

DAY OF THE WEEK: SUNDAY, APRIL 26

PERFORMANCE DAY!

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! Pick your favorite dance/choreography you have learned so far and add the combination below to it!

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