



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLANS

BEGINNER DANCE

DAY OF THE WEEK: MONDAY, APRIL 27

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: TUESDAY, APRIL 28

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 29

FOCUS: TENDU

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.

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

DAY OF THE WEEK: THURSDAY, APRIL 30

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, MAY 1

POP QUIZ!

Pop Quiz! Let's try what we've learned so far all together!

You can hold the wall or a chair for balance try demi plie, demi plie, grande plie, 4 tendu on the right, 4 tendu on the left, Releve up and rest. How did you do? Ready for something a little harder? I think you can do it! Try the same combination with your arms in 1st, 2nd, 3rd, 4th and 5th position!

DAY OF THE WEEK: SATURDAY, MAY 2

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>



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DAY OF THE WEEK: SUNDAY, MAY 3

FOCUS: PAS DE CHAT

Pas De Chat means step of the cat. We get to Jump like Cats! Try your arms in 2nd 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 2, then 3, then 5!

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

DAY OF THE WEEK: MONDAY, MAY 4

MAY THE 4TH BE WITH YOU-STAR WARS WORKOUT

May the 4th Be with you -Star Wars Workout

https://www.youtube.com/watch?v=yVY_awAiV5k

DAY OF THE WEEK: TUESDAY, MAY 5

CINCO DE SALSA!

Cinco de Salsa!

<https://www.youtube.com/watch?v=F758g-ijfJI> (salsa)

DAY OF THE WEEK: WEDNESDAY, MAY 6

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>



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DAY OF THE WEEK: THURSDAY, MAY 7

PERFORMANCE!

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
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

Here's a virtual dance class to the book "Where the Wild Things Are"

<https://www.youtube.com/watch?v=ZMufW5rOcnY>

DAY OF THE WEEK: FRIDAY, MAY 8

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=OlqAsx-YFNc> (tendu)

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



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DAY OF THE WEEK: SATURDAY, MAY 9

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=z6qD9Cvvuw> (grand battement)

DAY OF THE WEEK: SUNDAY, MAY 10

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=plyzKlinZPg>