



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLANS

INTERMEDIATE & ADVANCED DANCE

DAY OF THE WEEK: MONDAY, APRIL 13

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)

DAY OF THE WEEK: TUESDAY, APRIL 14

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=sdZei7LNTIQ>

DAY OF THE WEEK: WEDNESDAY, APRIL 15

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=NHfrqQxt7jY> (routine)

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: THURSDAY, APRIL 16

FOCUS: EASY 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=Hum3fSs8KDY> (routine)

DAY OF THE WEEK: FRIDAY, APRIL 17

FOCUS: PIROUETTES & FOUETTES

Pirouettes & Fouettés!

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

Pirouette <https://www.youtube.com/watch?v=M6jlWe7ERc&t=32s> (Intermediate)

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

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

DAY OF THE WEEK: SATURDAY, APRIL 18

FOCUS: ARABESQUE

It means to take one leg back like a kick, but you hold it in the air! Can you count to twenty while your leg is in the air try your right and left?

<https://www.youtube.com/watch?v=6fWX6KvAMpo>



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: SUNDAY, APRIL 19

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=Uy67yin1yll&t=7s> (Beginner)

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

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

DAY OF THE WEEK: MONDAY, APRIL 20

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>

DAY OF THE WEEK: TUESDAY, APRIL 21

A TIK TOK TUTORIAL (HIT YO GROOVE)

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=R9qlGnswhl8>



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: WEDNESDAY, APRIL 22

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! Create your own choreography that incorporates this floor work and show us!

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

<https://www.youtube.com/watch?v=rkb-CAojz0I>

<https://www.youtube.com/watch?v=o2X9RGYmm6w>

DAY OF THE WEEK: THURSDAY, APRIL 23

FOCUS: GRAND ECARTE A LA QUATRIEME

Grand Ecarté a la Quatrieme or a Split & Jeté and Grand Jeté

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)

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

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: FRIDAY, APRIL 24

FOCUS: 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>

DAY OF THE WEEK: SATURDAY, APRIL 25

CHOREOGRAPHY: TOOSIE SLIDE BY DRAKE

Try this one out! This can be made into a TikTok video as well.

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

DAY OF THE WEEK: SUNDAY, APRIL 26

COMPILATION CLASS!

Let's put it all together!

Petit Allegro

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

Jazz Struts

<https://www.youtube.com/watch?v=4H89qaLRatc> (struts)

Lyrical Choreography

https://www.youtube.com/watch?v=QmA4DZC_qwY&t=407s