



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLANS

INTERMEDIATE & ADVANCED DANCE

DAY OF THE WEEK: MONDAY, APRIL 27

THE WARM UP!

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: TUESDAY, APRIL 28

FOCUS: GRAND ECARTE A LA QUATRIEME, or A SPLIT

Grand Ecarté a la Quatrieme or a Split

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-bbRK4mGgQ> (Advanced)

DAY OF THE WEEK: WEDNESDAY, APRIL 29

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=NHfrqOxt7jY> (routine)

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



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DAY OF THE WEEK: THURSDAY, APRIL 30

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=n2OxAFYHVOU>

DAY OF THE WEEK: FRIDAY, MAY 1

FOCUS: PIROUETTES & FOUETTES

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, 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 twenty while your leg is in the air try your right and left?

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

DAY OF THE WEEK: SUNDAY, MAY 3

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=Uy67yin1yII>



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DAY OF THE WEEK: MONDAY, MAY 4

MAY THE 4TH BE WITH YOU-CHOREOGRAPHY

Choreo is very advanced and this is not a tutorial.
Challenge yourself to mimic the dancers and learn the choreography.

<https://www.youtube.com/watch?v=FQqT3lcGL9I>

DAY OF THE WEEK: TUESDAY, MAY 5

CINCO DE SALSA!

Cinco de Salsa!

<https://www.youtube.com/watch?v=F758q-jifJI> (salsa)

DAY OF THE WEEK: WEDNESDAY, MAY 6

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!

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

DAY OF THE WEEK: THURSDAY, MAY 7

A TIK TOK TUTORIAL (WHY IS EVERYTHING CHROME)

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=aeeMjAXDeDI>



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DAY OF THE WEEK: FRIDAY, MAY 8

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=EGIU79WJ6Dg> (leaps)

DAY OF THE WEEK: SATURDAY, MAY 9

FOCUS: LYRICAL CLASS

Remember lyrical pieces have movement that mimic the words in the song. To feel the dance you have to feel the words.

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

DAY OF THE WEEK: SUNDAY, MAY 10

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=TCCneA6z_Is