# Virtual Practice Plans
## Beginner Dance

### Day of the Week: Monday, May 11

**Focus:** Cardio Fun Workout

This is a workout you can incorporate to get your child interested in building endurance for any sport. As your child builds up stamina, conditioning will be an easy task as they start to develop muscle memory.

[https://www.youtube.com/watch?v=5If4cjO5nxo](https://www.youtube.com/watch?v=5If4cjO5nxo)

### Day of the Week: Tuesday, May 12

**Focus:** Frozen Dance Class

Featuring SamCam’s Dance Studio

[https://www.youtube.com/watch?v=iG6rxoVWRoQ](https://www.youtube.com/watch?v=iG6rxoVWRoQ)

### Day of the Week: Wednesday, May 13

**Focus:** Troll’s Dance Class

Featuring SamCam’s Dance Studio

[https://www.youtube.com/watch?v=wCopCD0XYu8](https://www.youtube.com/watch?v=wCopCD0XYu8)

### Day of the Week: Thursday, May 14

**Focus:** Descendants Dance Class

[https://www.youtube.com/watch?v=xLhqH5FrU8U](https://www.youtube.com/watch?v=xLhqH5FrU8U)
### DAY OF THE WEEK: FRIDAY, MAY 15

**FOCUS: HIP HOP CLASS**

Featuring MihranTV

[https://www.youtube.com/watch?v=JWTyO8npk0Q](https://www.youtube.com/watch?v=JWTyO8npk0Q)

---

### DAY OF THE WEEK: SATURDAY, MAY 16

**FOCUS: 7 RINGS - ARIRANNA GRANDE CHOREOGRAPHY**

Featuring MihranTV

[https://www.youtube.com/watch?v=qmohgMYlieQ&t=382s](https://www.youtube.com/watch?v=qmohgMYlieQ&t=382s)

---

### DAY OF THE WEEK: SUNDAY, MAY 17

**FOCUS: IT´S A DANCE PARTY!**

Featuring MoveTube Network

[https://www.youtube.com/watch?v=9sxifR0Ltgk](https://www.youtube.com/watch?v=9sxifR0Ltgk)

---

### DAY OF THE WEEK: MONDAY, MAY 18

**FOCUS: ZUMBA KIDS**

Choreography to Taylor Swift - Shake It Off

[https://www.youtube.com/watch?v=q0U1A7ovy3I](https://www.youtube.com/watch?v=q0U1A7ovy3I)
DAY OF THE WEEK: TUESDAY, MAY 19

**FOCUS: CLASES DE HIP HOP**

This has several links attached because it is straight follow along choreography. So turn up the music and follow along!

- [https://www.youtube.com/watch?v=UaVxb8JQowl](https://www.youtube.com/watch?v=UaVxb8JQowl) (Backstreet Boys)
- [https://www.youtube.com/watch?v=RoYxG0av5fY](https://www.youtube.com/watch?v=RoYxG0av5fY) (Old Town Road)
- [https://www.youtube.com/watch?v=pkRTqXy4HeQ](https://www.youtube.com/watch?v=pkRTqXy4HeQ) (Despacito)

DAY OF THE WEEK: WEDNESDAY, MAY 20

**FOCUS: ZUMBA KIDS**

Choreography to Dance Monkey

[https://www.youtube.com/watch?v=GRM9h8EQ6Bw](https://www.youtube.com/watch?v=GRM9h8EQ6Bw)

DAY OF THE WEEK: THURSDAY, MAY 21

**FOCUS: ZUMBA KIDS**

Choreography to Gangum Style

[https://www.youtube.com/watch?v=9fqA6TJ5VHY](https://www.youtube.com/watch?v=9fqA6TJ5VHY)

DAY OF THE WEEK: FRIDAY, MAY 22

**FOCUS: ZUMBA KIDS**

Choreography to “I Like To Move It”

[https://www.youtube.com/watch?v=ymiqWtSTOV8](https://www.youtube.com/watch?v=ymiqWtSTOV8)
### DAY OF THE WEEK: SATURDAY, MAY 23

<table>
<thead>
<tr>
<th>FOCUS: BABY SHARK REMIX</th>
</tr>
</thead>
<tbody>
<tr>
<td>Featuring The Inner Studio</td>
</tr>
<tr>
<td><a href="https://www.youtube.com/watch?v=2BhNhb-MDxg">https://www.youtube.com/watch?v=2BhNhb-MDxg</a></td>
</tr>
</tbody>
</table>

### DAY OF THE WEEK: SUNDAY, MAY 24

<table>
<thead>
<tr>
<th>FOCUS: KIDS BOP DANCE PARTY</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="https://www.youtube.com/watch?v=sHd2s_saYsQ">https://www.youtube.com/watch?v=sHd2s_saYsQ</a></td>
</tr>
</tbody>
</table>