



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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>

DAY OF THE WEEK: TUESDAY, MAY 12

FOCUS: FROZEN DANCE CLASS

Featuring SamCam's Dance Studio

<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=wCopCDOXYu8>

DAY OF THE WEEK: THURSDAY, MAY 14

FOCUS: DESCENDANTS DANCE CLASS

<https://www.youtube.com/watch?v=xlhqH5FrU8U>



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DAY OF THE WEEK: FRIDAY, MAY 15

FOCUS: HIP HOP CLASS

Featuring MihranTV

<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=qmohqMYlieQ&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>

DAY OF THE WEEK: MONDAY, MAY 18

FOCUS: ZUMBA KIDS

Choreography to Taylor Swift- Shake it Off

<https://www.youtube.com/watch?v=q0U1A7ovy3I>



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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> (Backstreet Boys)

<https://www.youtube.com/watch?v=RoYxG0avSfY> (Old Town Road)

<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>

DAY OF THE WEEK: THURSDAY, MAY 21

FOCUS: ZUMBA KIDS

Choreography to Gangum Style

<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=ymiqWt5TOV8>



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DAY OF THE WEEK: SATURDAY, MAY 23

FOCUS: BABY SHARK REMIX

Featuring The Inner Studio

<https://www.youtube.com/watch?v=2BhNhb-MDxg>

DAY OF THE WEEK: SUNDAY, MAY 24

FOCUS: KIDS BOP DANCE PARTY

https://www.youtube.com/watch?v=sHd2s_saYsQ