VIRTUAL PRACTICE PLANS
BEGINNER DANCE
PHOTO JOURNAL TERMINOLOGY CHALLENGE

DAY OF THE WEEK: MONDAY, MAY 25

**FOCUS:** Show your best ARABESQUE!

Remember hold your core tight and shoulders back and head held high... & POINT THAT TOE!

DAY OF THE WEEK: TUESDAY, MAY 26

**FOCUS:** Pick a position: PORT DE BRA

Posture is everything so remember shoulders back and remember to really stretch through your fingertips and toes.

DAY OF THE WEEK: WEDNESDAY, MAY 27

**FOCUS:** GRAND P LI E

Can you hold your grand plie and count to 5???

DAY OF THE WEEK: THURSDAY, MAY 28

**FOCUS:** RELEVE

Show us your best Releve in 5th and remember arms too!

DAY OF THE WEEK: FRIDAY, MAY 29

**FOCUS:** BOOMERANG: LEAP

Count to 3 and take off! Point your toes!
**DAY OF THE WEEK: SATURDAY, MAY 30**

**FOCUS: SHOW OFF YOUR COMBO!**

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

**DAY OF THE WEEK: SUNDAY, MAY 31**

**FOCUS: DEGAGE**

In first position do a countdown from 8.  
8 right, 8 left, 7 right, 7 left, 6 right, 6 left, 5 right, 5 left, 4 right, 4 left, 3 right, 3 left, 2 right, 2 left, 1 right and 1 left

**DAY OF THE WEEK: MONDAY, JUNE 1**

**FOCUS: GRAND BATTEMENT**

High kicks in first position, try 4 on the right and 4 on the left.  
*remember your posture, do not slouch*
DAY OF THE WEEK: TUESDAY, JUNE 2

**FOCUS: BOOMERANG: PAS DE CHAT**

Try the perfect cat jump!

DAY OF THE WEEK: WEDNESDAY, JUNE 3

**FOCUS: SAUTE JUMPS**

8 in 1<sup>st</sup>, 8 in 2<sup>nd</sup> and 8 in 5<sup>th</sup>...NONSTOP! If you stop start over!

DAY OF THE WEEK: THURSDAY, JUNE 4

**FOCUS: TRY THIS COMBO**

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

DAY OF THE WEEK: FRIDAY, JUNE 5

**FOCUS: RIGHT SPLIT**

Show us your best right leg forward split or half split!
### DAY OF THE WEEK: SATURDAY, JUNE 6

<table>
<thead>
<tr>
<th><strong>FOCUS: LEFT SPLIT</strong></th>
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<tr>
<td>Show us your best left leg forward split or half split</td>
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### DAY OF THE WEEK: SUNDAY, JUNE 7

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<tr>
<th><strong>FOCUS: SHOW US YOUR CHOREOGRAPHY!</strong></th>
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<td>Create a short dance or combination of (3) 8 counts!</td>
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