



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLANS

INTERMEDIATE & ADVANCED DANCE

DAY OF THE WEEK: MONDAY, MAY 11

THE WARM UP!

Kids Bop Dance Along

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

DAY OF THE WEEK: TUESDAY, MAY 12

FOCUS: GRAND ECARTE A LA QUATRIEME, or A SPLIT

Grand Ecarté a la Quatrieme or a Split

REMEMBER this is a skill that has to be worked on consistently to see improvement.

<https://www.youtube.com/watch?v=4N30-iBExSc> (Intermediate)

<https://www.youtube.com/watch?v=n-bbRK4mGgQ> (Advanced)

DAY OF THE WEEK: WEDNESDAY, MAY 13

FOCUS: JAZZ CLASS

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=xD-84H8_Y28 (routine)



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DAY OF THE WEEK: THURSDAY, MAY 14

FOCUS: CHOEROGRAPHY- FRIENDS

Featuring MihranTV

<https://www.youtube.com/watch?v=Gzqj7Qf7MQk>

DAY OF THE WEEK: FRIDAY, MAY 15

FOCUS: PIROUETTES & FOUETTES

Let's Get Turning! This is a repeat, but the best way to be perfect is to practice!
Pirouette [https://www.youtube.com/watch?v= M6jlWe7ERc&t=32s](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 16

FOCUS: CHOREOGRAPHY- 7 RINGS

Featuring MihranTV

<https://www.youtube.com/watch?v=qmohqMYlieQ&t=413s>

DAY OF THE WEEK: SUNDAY, MAY 17

FOCUS: BALLET CLASS

Featuring Chace Dance Studio

<https://www.youtube.com/watch?v=tBHWuc8S0ms>



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DAY OF THE WEEK: MONDAY, MAY 18

YOU ARE THE LEAD!

Create a class with you as the leader and have your family participate. Remember to build off the following elements such as warming up, across the floor, turns, leaps, floor work, etc... use it all!

DAY OF THE WEEK: TUESDAY, MAY 19

FOCUS: HIP HOP COMBO

Featuring Get Dance

<https://www.youtube.com/watch?v=CX9LTfMF6NE>

DAY OF THE WEEK: WEDNESDAY, MAY 20

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 21

FOCUS: LYRICAL CLASS & COMBINATION

Featuring Choreographer Amanda Tanigawa

<https://www.youtube.com/watch?v=-E77J5L5s2E>



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DAY OF THE WEEK: FRIDAY, MAY 22

FOCUS: LEAPS

Review your leap videos and send a video to your Y showing your amazing leaps!

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

<https://www.youtube.com/watch?v=EGIU79WJ6Dg> (leaps)

DAY OF THE WEEK: SATURDAY, MAY 23

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 24

CREATE YOUR OWN PIECE!

Choose music of your choice and create a routine. It can be jazz, ballet, hip-hop or lyrical or a mix of ALL! Create an original work from 0:45 – 1:30 max 2:15. Use your technique standard posture and try incorporating your floor tricks and extensions, splits and arabesque. So many choices! I know this will be an amazing work of art! Get the whole family involved for your performance!