# 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_sasQ](https://www.youtube.com/watch?v=sHd2s_sasQ)

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

**Focus: Grand Ecarté a la Quatrième, or A Split**
- Grand Ecarté a la Quatrième or a Split
  - Remember this is a skill that has to be worked on consistently to see improvement.
  - [https://www.youtube.com/watch?v=4N3O-iBExS](https://www.youtube.com/watch?v=4N3O-iBExS) (Intermediate)
  - [https://www.youtube.com/watch?v=n-bbRK4mGqQ](https://www.youtube.com/watch?v=n-bbRK4mGqQ) (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_rPkJO](https://www.youtube.com/watch?v=Z4Xb7_rPkJO) (basics)
  - [https://www.youtube.com/watch?v=xD-84H8_Yz8](https://www.youtube.com/watch?v=xD-84H8_Yz8) (routine)
DAY OF THE WEEK: THURSDAY, MAY 14

**FOCUS: CHOREOGRAPHY - FRIENDS**

Featuring MihranTV

[https://www.youtube.com/watch?v=Gzqj7Qf7MQk](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=M6jIWe7ERc&t=32s](https://www.youtube.com/watch?v=M6jIWe7ERc&t=32s) (Intermediate)

Fouettés [https://www.youtube.com/watch?v=0BOTs5LI1Ugn](https://www.youtube.com/watch?v=0BOTs5LI1Ugn) (Advanced)

Pirouette/Fouettés [https://www.youtube.com/watch?v=Rq0ovsiB4MQ](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](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=tBHWuc8SOms](https://www.youtube.com/watch?v=tBHWuc8SOms)
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=-E7J5L5s2E
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=lWP4I7I5GRpY (Stretching)
https://www.youtube.com/watch?v=EGIuJ9Wj6Dq (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=QmA4DZCqwY&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!