



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLANS

INTERMEDIATE & ADVANCED DANCE

TERMINOLOGY AND SKILL PHOTO/VIDEO CHALLENGE

DAY OF THE WEEK: MONDAY, MAY 25

FOCUS: HAVE YOU MEMORIZED THE WARM UP YET?

Show us how well you remember the warm-up without watching!

DAY OF THE WEEK: TUESDAY, MAY 26

FOCUS: BOOMERANG: GRAND ECARTE A LA QUATRIEME OR A SPLIT

Remember STTTTRETCH first!

DAY OF THE WEEK: WEDNESDAY, MAY 27

FOCUS: LEFT SPLIT

Show us your best left leg forward split or half split (hold for 20 seconds)

DAY OF THE WEEK: THURSDAY, MAY 28

FOCUS: SAUTE JUMPS

16 in 1st , 16 in 2nd and 16 alternating 5th...NONSTOP! If you stop start over!

DAY OF THE WEEK: FRIDAY, MAY 29

FOCUS: PIROUETTES & FOUETTES

Show us your best pirouette or fouetté!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 split right and hold 3, 4, 5, 6, 7, 8

1, 2 back roll (floor work) 3, 4 get up to standing 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: BOOMERANG: TILT

Count to 3 and go for it... POINT YOUR TOES

DAY OF THE WEEK: MONDAY, JUNE 1

FOCUS: TOE TOUCH CHALLENGE

Point your toes!

DAY OF THE WEEK: TUESDAY, JUNE 2

FOCUS: CREATE A HIP HOP COMBO!

Think back to some of the hip-hop dances you love and create your own work. Show us your moves!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: WEDNESDAY, JUNE 3

FOCUS: BOOMERANG: 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=-iHrR8vy30M>

DAY OF THE WEEK: THURSDAY, JUNE 4

FOCUS: RIGHT SPLIT

Show us your best right leg forward split or half split (hold for 20 seconds)

DAY OF THE WEEK: FRIDAY, JUNE 5

FOCUS: BOOMERANG: LEAPS

Remember to stretch and count down from 3 to do your most explosive leap, make sure to point your toes!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: SATURDAY, JUNE 6

FOCUS: SHOW OFF 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: SUNDAY, JUNE 7

FOCUS: SHOW US THE PERFORMANCE YOU CREATED LAST WEEK!

Previous Directions: 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!