

Practice Checklist – Beginner Dancers – 2nd year

	Warm Up	Tips	Day 1	Day 2	Day 3	Day 4	Day 5
	Pile in first	Do 8 slow. Make sure body goes straight up and down.					
	Pile in second	Do 8 slow. Make sure knees are over toes.					
	High knees	Do 8, 2 times.					
	Butt kicks	Do 8, 2 times.					
	Points to 2 nd , 4 th Intermediate, 4 th , close first	Do 4 on each side, 2 times. Keep heel & ankle pushed to the front the whole time. Keep knee straight.					
	Movements						
	Closed pas de basque	Do 8, 2 times. Keep knees well turned out and hands tight on your waist. Keep feet pointed and tight when you land & beat.					
	Toe Heel	Do 8 in a row, 2 times. Keep knees and feet turned out to the side. Keep toe & heel tight to the jumping foot.					
	High Cuts	Do 8 in a row, 2 times. Press side of the foot tight to the back of the leg. Press knees back.					
	Sheds	Do 8 in a row, 2 times. Keep foot tight to your leg. Press both knees back.					
	Steps/Dance						
	Choose one dance – Fling or Sword	Go through each step twice Go through whole dance once to music					
	Stretch						
	Calf stretch						
	Hamstring						
	Quadriceps						
	Hips						
	Inner thigh						

*Remember to:

- Always keep knees turned out to the side as far as you can
- Point feet & toes
- Stay up high on toes
- Keep arms strong on your waist & fists closed.
- Work hard & have fun!