

# Practice Checklist – Beginner/Novice Dancers – 3<sup>rd</sup> year

		Tips					
		Day 1	Day 2	Day 3	Day 4	Day 5	
Warm Up	Plié in first	Do 8 slow. Make sure body goes straight up and down.					
	Plié 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 <sup>nd</sup> , 4 <sup>th</sup> Intermediate, 4 <sup>th</sup> , close first	Do 4 on each side, 2 times. Keep heel & ankle pushed to the front the whole time. Keep leg straight & pulled tight.					
	Closed pas de basque	Do 8, 2 times. Keep knees well turned out. Keep feet pointed and tight when you land & beat.					
Movements	Open Pas de basque	Do 8 in a row, 2 times. Keep front foot high on the half point & well turned out.					
	Toe heel	Do 8 in a row, 2 times. Be sure to hit 3 <sup>rd</sup> every time.					
	High Cuts	Do 8 in a row, 2 times. Press knees back.					
	Sheds	Do 8 in a row, 2 times. Keep foot tight to your leg. Press both knees back.					
	Hop brush toe beat	Do 4 on each foot, 2 times. Remember 3 <sup>rd</sup> position on the half point.					
	Shuffles	Do 8 in a row, 2 times. Be careful with positions & press heels to the front.					
	Assemble & Change	Do 8, 2 times. Keep feet high on the toes, heels pushed forward & push with your toes off the ground.					
	Choose one dance – Fling/Sword/Lilt/Flora/ST/Reel	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!