

DANCE TRICKS - ADVANCED

CLASS TIME: 55 MIN



COURSE OBJECTIVES

In this class, dancers will learn high-level inversions and begin to master spatial awareness. They will build power while maintaining artistic quality and prepare for more difficult skills.

COURSE SKILLS

1. Traditional side aerial
2. Front aerial
3. Aerial from a knee
4. Aerial descending to the floor
5. Back handspring
6. Roundoff → back handspring
7. Roundoff → tuck
8. Bronco
9. Butterfly kicks
10. Dance front flip
11. Front flip off one leg
12. Side sumi
13. Partner counterbalances
14. Assisted lifts

AT HOME

You can help maximize your class experience by completing the following workouts at home a minimum of 3 times per week.

STRENGTH & CONDITIONING

- 60 sec. Push-up Hold x3
- 60 sec. Jump Rope x3
- 60 sec. Zigzag Punches x3
- 60 sec. Running x3
- 60 sec. Squat to Toes x3
- 30 Calf Raises x3
- 20 Pushups x3
- 30 V-ups x3

BODY POSITIONS & FLEXIBILITY

- Superman Hold for 30 sec.
- Hollow Hold for 30 sec.
- Right, Left, Center Splits for 30 sec. each