

# DANCE TRICKS - INTERMEDIATE

CLASS TIME: 55 MIN



## COURSE OBJECTIVES

In this class, dancers will learn to increase their power and control. They will learn proper shoulder flexibility and strength for walkovers and begin to integrate tricks into dance-style movement quality. Dancers will prepare their bodies for aerial and back handspring readiness.

## COURSE SKILLS

1. Backbend kickover
2. Handstand limber
3. Front walkover
4. Back walkover
5. Front handsprings
6. Head kips (straight leg version)
7. Kip-ups (pike variation)
8. Back Handspring with assistance
9. Cartwheel → tabletop variations
10. Clean directional changes and recovery technique

## 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

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

### BODY POSITIONS & FLEXIBILITY

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

**NEXT CLASS:** Dance Tricks - Advanced