

DANCE TRICKS - INTRO

CLASS TIME: 55 MIN



COURSE OBJECTIVES

In this class dancers will learn to build confidence upside down. They will learn weight shifting and safe entry and exit into skills. Each dancer will establish core strength and alignment, preparing dancer for limbers, walkovers, and entry level skills.

COURSE SKILLS

1. Coffee grinders
2. Headstands
3. Spiders
4. Kip-up to bridge
5. Forward rolls
6. Seat rolls
7. Baby stall (checkmark)
8. Handstand stall (stag position)
9. Knee slide with weight transfer
10. Cartwheel (and variations)
11. Round - off
12. Front & Back Limbers with assistance

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

- 10 sec. Push-up Hold x3
- 10 sec. Punches x3
- 10 Squats x3
- 10 Calf Raises x3
- 10 Tuck-ups x3

BODY POSITIONS & FLEXIBILITY

- Superman Hold for 30 sec.
- Hollow Hold for 30 sec.
- Pike, Straddle, Tuck Positions for 30 sec. each

NEXT CLASS: Dance Tricks - Intermediate