

# Balancing Basics

Here's What We Are Learning This Week!

## Intro/ Welcome

Welcome to our live video zoom dance class! We will talk a little about what we are learning in today's class!

## Stretch & Learn

We're going stretch to some of our favorite class songs. We even added a fun 'Focus Stretch'

## Main Activity

In this week's class we will be using our "balance beams" to practice balance, posture, and mini combinations using some familiar dance steps.

## Across The Floor

We will be practicing side chasses as well as front, side, and back kicks to review directional movements across the floor.

## Free Dance

We will finish class with a fun and creative free dance!

## Extras

Enjoy these at home after class has ended

### Family Freeze Dance!

For this week's family freeze dance, pick a song of your choice and enjoy some creative dance. Take turns pausing the music. When the music stops, everyone lines up behind the balance beam to do a dance step and/or combo across it. (Whoever lines up first picks the step/combo for everyone to do). Turn on music and repeat!

### DIY Balance Beam

To make your own balance beam you will need one of the following: making tape, painter's tape, or a few towels folded in half length wise. If you're using towels, simply place them in a line to create a balance beam. If you're using painter's tape, tape a straight line on your floor that is roughly 6 - 10 feet long