

Terminology



feature stretch

Pretzel Yoga Pose

Sitting tall in criss cross, on the floor, extend one arm across your body and lay it on your opposite knee. Place your other arm behind you and slowly breathe. Repeat on the other side.

main activity

Arabesque

Standing on one leg while the other leg is extended out to the back (see coloring page for example)

Releve

Meaning "to rise" up onto tippy toes

Chaine Turns

Chaine meaning "chain or link" are basic turns done with both feet at the same time

Spotting

Spotting is an area where a dancer looks while doing turns and dance steps. It is commonly used to prevent a dancer from getting dizzy and/or losing balance

across the floor

Chaine Turns

We'll be using our Chaine Turns to move across the floor while holding our beach ball!