

Balancing Ballet Basics

Below is an outline of what we will be doing and learning in this video dance class.

Intro/ Welcome	→	Welcome to our online 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.
Main Activity	→	In this week's video 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.
Choreography	→	During the month of April we will be learning a choreography piece. We will learn a little of the dance in each class, and complete it in our final class of the month.

Extras

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