

sunflower power

CLASS OUTLINE

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

Intro/ Welcome

Welcome to our online dance class! We will talk a little about what we are learning in this week'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 are using our printable props to practice our dance steps, and you'll even come up with one of your own, too!

Across The Floor

We will be using our Spring themed steps to create mini combos to do across the floor.

Extras

Create Your Own Themed Step

Spring Words

Flower
Blooming
Sprout
Windy
Daisy
Puddle

Dance Steps

Butterfly
Tendu
Arabesque
Kick
Hop
Leap



Flower Hop

Blooming Leap

Daisy Kick

What are some you can come up with?