

Beach Ballet

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 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're headed to the beach! Well, not entirely but it will definitely feel like we are at the beach with our fun beach themed ballet class.

Across The Floor

Fun in the sun and chasses in the sand! We'll use our dance steps from this week's activity as we move 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

Animal Matching

On the next page, can you match the animals to their movements? Work together as a family to figure it out and then practice the movements together!

Decorage Your Dance Space

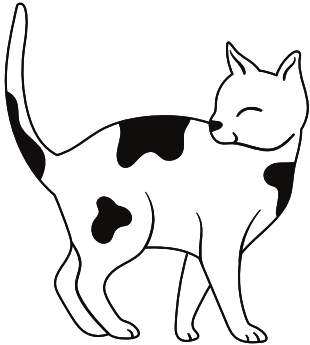
What do you have at home to create a beach themed dance space for this week's class. Beach balls, beach towel, maybe a sand box outside! Get creative and have fun with it!

Match Me To My Dance Step

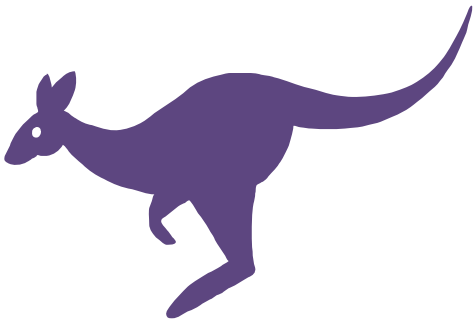
Match each animal to their movements and dance steps



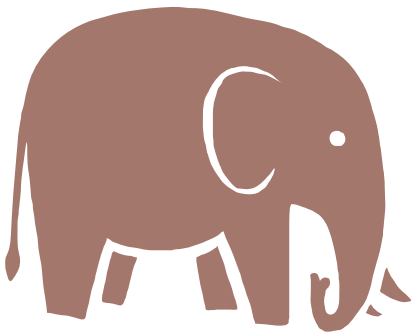
Bounce/Jump



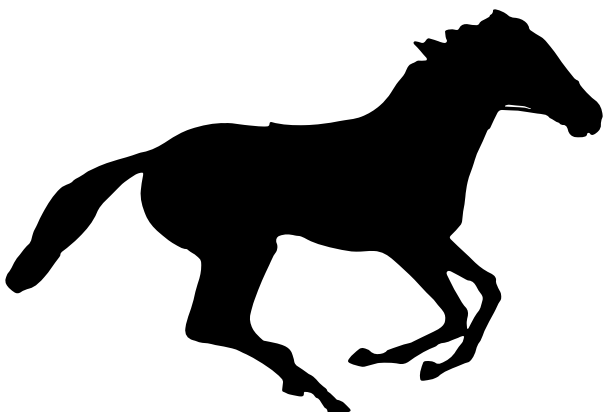
Gallop/Chasse



Flutter/Bouree



Pounce/Leap



Stomp/Large Step