



Valentine's Day Dance!

L - is for Leap AND Love!

1. Pick A Song Of Your Choice!
2. Learn Dance (steps are shown below)
3. Do Steps With Counts Shown
4. Turn On Your Song And Dance!
5. Take Turns Doing The Dance



Bouree forward 1-4

(Bouree - rise up on your tippy toes and make fast tiny steps- almost like a flutter)



Bouree in a circle, in place 5-8

(Do your bourees in a small circle, in your own dance space)




Plie into first position 7,8

(Plie - means "to bend" - standing with feet together, gently bend your knees)



Slow arabesque with Right as supporting leg 1-4 (back to first position)

(Arabesque - one leg on the ground and the other is extended to the back. Both legs are straight)



Come down to knees in crouching position on floor 5-8 (finish)

(Finish the combination by going down to the ground with both knees tucked under your chest and your arms down by your side)



Song Recommendations & Ideas

You Are My Sunshine
I'll Be There - Jackson 5
Perfect - Ed Sheeran
My Girl - The Temptations
Ain't No Mountain High Enough
Love Story - Taylor Swift

