



Warm Up Basic 1-8

Basic 1-2

(10 minutes)

Weeks 1-4:

**Forward pushers - Both directions
Forward swizzles - Both directions**

Weeks 5 on:

**Backward swizzles (wiggles)
1 Foot glides- R & L
Dip limbo (dip game)
Red light- Green light**

Basic 3-4

(10 minutes)

Weeks 1-4:

**Forward Stroking- Both directions
1 Foot glides- R & L
Backward swizzles- Both directions**

Weeks 5 on:

**2 Foot turns
2 Foot spin
Basic 3- Backward swizzles
Basic 4- Backward stroking**

Basic 5-6

(10 minutes)

Weeks 1-4:

**Forward stroking- Both directions
Forward crossovers- Both directions
Backward stroking
2 Foot spin**

Weeks 5 on:

**Backward crossovers- Both directions
T-stops R & L
1 Foot spin**

Basic 7-8

(15 minutes)

Weeks 1-4:

**Forward crossovers- Both directions
Backward crossovers- Both directions
1 Foot Spin
Bunny hop**

Weeks 5 on:

**Waltz jump
Pivot
Lunge
Forward edges- outside & inside**

ALL WARM UPS MUST BE INSTRUCTED