

Jazz & Contemporary

Level 1-3



AT HOME LESSON PLANS

WARM-UP & STRETCHING *DAILY FOR 20 MINUTES

- Jumping Jacks, 20
- Run in place for 30 seconds
- Straddle stretch
- Pike stretch standing up and sitting down (pointed and flexed feet with sitting pike)
- Hip flexor stretches, start on your knees and place one foot in front of your body. Keeping your knee over your toes, gently and slowly rock forward and backward to stretch your hips
- Splits, right, left, and middle splits - be sure to keep your turnout starting with your hips

SKILLS AND CENTER

- Tendus from 1st position, holding your arms in second position (to your sides), 8 tendus front, side, back, side with R foot, repeat with your L foot. Repeat entire exercise 3 times
 - Front battements from a lunge. 8 on your right side, 8 on your left side. Repeat entire exercise 2 times
 - Side battements from a lunge. 8 on your right side, 8 on your left side. Repeat entire exercise 2 times
 - Pirouette preps, starting from 6th position (feet together, parallel) tendu to second, plie (4th position behind), passe hold 3 seconds, feet together.
 - Pirouettes, same as pirouette preps, but try executing a turn instead of a balance.
- *Helpful hints for pirouettes...1.glue your passe to your knee 2. keep your shoulders pressed down and your hips level 3. spot

ACROSS THE FLOOR

- Jazz walks, get sassy!
- Jazz walks with pivot turns, 4 jazz walks, pivot turn, pivot turn
- Chasses alternating R and L
- Walking battements, keep your supporting leg and back straight, keep your hips down and your arms in a strong second position
- Leaps, step step leap or chasse step leap, using opposition arms

CENTER COMBO

-Using the skills that you practiced today, make up a combo to your favorite song! Post the video and tag us #dawistotallyrad

MUSIC

-Below is the link to a great playlist on Spotify. If you have a Spotify account you can listen to these songs in their entirety. Otherwise, use any of your favorite music!

CLASS PLAYLIST

<https://open.spotify.com/playlist/0Pli5cAczu4kFrkLi60uK7?si=JmocC8yIRXe29IXCo2P-0A>