

Jazz & Contemporary Level 4, Protege, & Elite



AT HOME LESSON PLANS

WARM-UP & STRETCHING *DAILY FOR 20 MINUTES

- TDP, especially jacks, lunges and planks
- 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
- Pirouettes**, using a good tendu, prep, turn, and landing, single, double, and triple. Practice pirouettes in passe and coupe

ACROSS THE FLOOR

- Jazz walks**, get sassy!
- Walking battements**, keep your supporting leg and back straight, keep your hips down and your arms in a strong second position
- Leaps**, if you have room, work on leaps and jumps that you do in class

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](https://open.spotify.com/playlist/0Pli5cAczu4kFrkLi60uK7?si=JmocC8yIRXe29IXCo2P-0A)