

# Dance Stars

Jazz Moves - Bronze Medal	Star Reward
<b>WARM UP &amp; STRETCHES</b>	
Cardio	
Side & Flat Back Stretch	
Hamstring & Hip Flexor Stretch	
Leg Extension	
<b>CENTRE</b>	
Isolations	
Single Retire Turns	
Chasse Turns	
Kick Combination	
Warm Up Jump	
Retire Jump Turns	
<b>COMBINATIONS</b>	
Travelling	
Funk Combination	
Teacher's Own Combination	
<b>DANCE</b>	
<b>COOL DOWN &amp; STRETCH</b>	