

Dance Stars

Jazz Moves - Bronze Star	<i>Star Reward</i>
WARM UP & STRETCHES	
Cardio	
Side, Flat Back & Hip Stretch	
Hip Flexor & Gluteal Stretch	
Forward Split & Strengthening Exercise	
CENTRE	
Isolations	
Single & Double Retire Turns	
Turn Combination	
Kick Combination	
Warm Up Jump	
Preparation for Forward Jetes	
COMBINATIONS	
Travelling	
Pony Step	
Teacher's Own Combination	
DANCE	
COOL DOWN & STRETCH	