

Dance Stars

Jazz Magic	Star Reward
WARM UP & STRETCHES	
Cardio	
Head Movements	
Stretch & Flex	
Back Exercise	
CENTRE	
Arm & Hip Isolations	
Point & Lift	
Bend & Click	
Circle Arms	
Skips	
COMBINATIONS	
Step & Clap	
Arm Pushes	
Gallops	
DANCE	