

Dance Stars

Jazz Moves - Silver Medal	Star Reward
WARM UP & STRETCHES	
Cardio	
Arm & Side Stretch	
Floor Stretch	
Side Split with Leg Extension	
CENTRE	
Isolations	
Up Down Turns	
Turn Combination	
Fan Kicks	
Warm Up Jump	
Forward Jete	
Hand Jive	
COMBINATIONS	
Lyrical	
Travelling	
Cane	
DANCE	
COOL DOWN & STRETCH	