

Dance Stars

Jazz Moves - Silver Star	Star Reward
WARM UP & STRETCHES	
Cardio	
Leg Extension with Kicks	
Forward Split & Back Strengthening Exercise	
Side Kicks & Stretch	
CENTRE	
Isolations	
Turn Combination	
Pose Turns	
Reverse Fan Kicks	
Kick Combination	
Side Jete	
Turn Jete in Attitude	
COMBINATIONS	
Lyrical	
Charleston	
Travelling	
Hat	
DANCE	
COOL DOWN & STRETCH	