

Dance Stars

Jazz Moves - Test 1	Star Reward
WARM UP & STRETCHES	
Cardio	
Side Stretch	
Hip & Hamstring Stretch	
Flex & Stretch	
CENTRE	
Arm & Hip Isolation	
Preparation for Turns	
Leg Lifts & Step Touches	
Jumps	
Skips & Hips	
Gallop & Ball Change	
COMBINATIONS	
Knee Pulses	
Teacher's Own Combination	
DANCE	
COOL DOWN	