

Dance Stars

Jazz Moves - Test 2	Star Reward
WARM UP & STRETCHES	
Cardio	
Side & Hamstring Stretch	
Calf Stretch	
Hamstring Stretch	
Thoracic & Lumbar Spine Strengthening Exercise	
CENTRE	
Head & Shoulder Isolation	
Three Step Turn	
Kick Combination	
Run & Jumps with Half Turns	
Grapevine & Step Touch	
COMBINATIONS	
Drags & Step Touch	
Floor Roll	
DANCE	
COOL DOWN	