

Dance Stars

Jazz Moves - Test 3	Star Reward
WARM UP & STRETCHES	
Cardio	
Forward Flat Back & Calf Stretch	
Side Stretch in Second	
Thoracic & Lumbar Spine Strengthening Exercise	
CENTRE	
Ribcage Isolation	
Preparation for Retire Turn	
Kick Combination	
Step Hops	
Kick Ball Change with Sugars	
COMBINATIONS	
Jump with Turning Grapevine	
Body Pulses	
Girls' Combination	
Boys' Combination	
DANCE	
COOL DOWN	