

CONTEMPORARY AND JAZZ SKILLS

PLEASE BEGIN WITH WARM UP AND STRETCH (ALL CLASSES) WORKSHEET

- Pirouettes
- 4 balances
- 4 singles
- 4 doubles
- Turns in second
- Kicks across the Floor (left and right)
- Front, front, side back
- 3 pique turns 1 attitude turn across floor
- Front leaps (left and right)
- Center leaps (left and right)
- Calypso (left and right)

