

TINY TOT BALLET (SEE PAGE 2 FOR TAP)

Warm - Up

- 10 Jumping Jacks
- 10 seconds running in place
- 10 in and out jumps

Stretches (holding for 10 seconds each)

- Feet out, stretch to right side
- Stretch 2 hands to right toe
- Repeat Left
- Reach hands in the middle to floor
- Butterfly - Left, Right, and Middle
- Legs out straight - reach with head down and pointed toes
- Legs out straight - reach with head down and flexed toes
- Straddle - Stretch to Right side, Left side, and Center
- Do point and flex with feet 10 times

Ballet

- Plies
- Standing with arms in a “basket” (1st position) and feet in “pizza feet” (1st position) do 4 plies.
- Standing with feet out (2nd position) and arms out to the side (2nd position) do four plies
- **Tendus**
Standing with feet in “pizza feet” (1st position) point Right toe to the front 4 times.
Then to the side 4 times
Repeat Left
- **Arm Exercise**
Standing with feet in “pizza feet” (1st position) bring arms to a “basket” (1st position) and then rise them to a “picture frame” (5th position) and open to bring back down. Do this twice. Then from a “basket” open them to 2nd position, open and then close arms. Do this twice.
- **Jumps**
Begin with hands on hips and feet in “pizza feet” (1st position) jump four times. Then repeat the jumps with hands still on hips but with feet out (in 2nd position.)
Then jump in and out from 1st and 2nd position 4 times.
- **Across the floor**
Gallops
Skips
Turns
Fairy Runs



TINY TOT TAP

- Squish the bug with right and left foot
- 8 toe taps to the front alternating feet
- 8 heel taps to the side alternating feet
- 8 heel toe together
- 4 shuffles, with hands on hips for each foot
- Dig, 8 times each foot
- 4 Tap turns
- 4 tik toks each side
- 4 tap turns

- Across the floor
 - Gallops
 - Heel walks
 - Hands up with Fast Feet