



Practice Sheets for Beginners
Practice makes perfect!

Make a little time to practice every day... even 10 minutes a day will really help your dancing!
Here are some things to remember. It is really helpful to practice with music.

Starting Position

This is done to an 8 bar count.

1. Heels together (so that your feet look like the letter V)
2. Left foot back which leaves the right foot in front (left back toe is touching front right heel)
3. Extend right leg out so that toe is pointed
4. 5. 6. 7. Stay in that position
8. Up on your toes

Standing warm-ups

1. Slow cuts (pointed toe in front starting position and then bend knee toward wrist)
2. Slow tucks (pointed toe in front starting position and then bend your knee and bring it behind you)
3. Slow lifts (pointed toe in front starting position and lift to the front of your knee keeping your toe pointed)

Hopping warm-ups

At the beginning your dancer should be able to do #'s 1-3 and gradually adding the rest as they progress each week.

1. Straight up and down bounced in your place keeping up on the balls of your feet
2. Slow crosses
3. Fast crosses

4. Three points and hop back (Hop point, hop point, hop point, hop back) 4 times to 8 bars of music alternating legs
5. Double points and hop back (Hop point, hop point, hop back) 4 times to 8 bars of music
6. Single points and hop back (Hop point, hop back) 8 times to 8 bars of music
7. Dancer's skip (skipping forward pointing toe and stretching leg out while crossing over your knees)
8. Hop knee 2,3 (Lift your pointed toe above your knee with a hop and stretch out your leg and cross 2,3)
9. Hop knee 2,3,4,5,6,7 (Lift your pointed toe above your knee with a hop and stretch out your leg and cross 2,3,4,5,6,7)

Reel steps (8 bars on the right and 8 bars on the left)

1. Side Step or Sevens and points – Cut 2,3,4,5,6,7 (3 times) and then hop point and point hop back 2,3
2. Pretty points – Hop point, hop point hop point hop back with right foot, then repeat with the left foot, then hop point right toe hop back, hop point left hop back, hop point right and right hop back tippy toes
3. Double points
4. Double turn