



Practice Sheets for Young 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 for 4 and 5 year olds

This is done to an 8 bar count.

1. Heels on 1, together (so that your feet look like the letter V)
2. Cross right foot just past the left toe on 2
3. Extend right leg out so that toe is pointed on 3
4. Bring right foot back to starting position to practice again on 4 And now repeat 1,2,3, and 4 on beats 5,6,7,and 8
5. Heels on one, together (so that your feet look like the letter V)
6. Cross right foot just past the left toe on 2
7. Extend right leg out so that toe is pointed
8. Bring right foot back to starting position to practice again

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)

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. Dancer's skip (skipping forward pointing toe and stretching leg out while crossing over your knees)
4. Three points and hop back (Hop point, hop point,

hop point, hop back) 4 times to 8 bars of music alternating legs

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