Start: 3:30 **Dance Club**: Teach all moves. (**Record for website**)

Ends: 5:20 **Dance Team**: Routine/ Choreography

Total time: **1 hour and 50min/ 110 min.**

***Outline:***

**Preplan** each lesson. \*Visual aids. Lesson consists of 2 dance moves.

#1:

#2:

Select appropriate Music for the two moves and list.

1. 3.

2. 4.

***Lesson:***

**Warm Up (5min):** [Focused] Stretch and Cardio.

**Recap of last class (15min):** practice and Questions. Follow along= then repetition.

**\* Observe (15min):**

1. Teach steps [slow]. (Everyone is sitting down close in a semi-circle).

Taught in 2 ways [if possible]. \*Visual aids.

\*Verbal executions or reminders.

Movement explanation. Ask if needed to be done # of times again.

1. Fast (with Music). (what the dance move actually looks like when perfected)

**Do (30min):**

1. Follow along [slow]!
2. Repetitive practice. (With Music)
3. Individual Helping/ private questions/Confused? [Cabinet members help out members as well] \*

**Water break (5min):**

**\* Repeat for second dance move\***

**Final Questions**

**Dismissal**