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.**

***Lesson Outline:***

***# for steps are when feet touch or are planted in ground!***

**Preplan** each lesson. Lesson consists of 2 dance moves.

\*Visual aids= Triangle. Pivot point on top (w/heel)

Reminders= Pivot, switch (legs), pivot to other side/corner/base.

#1: C- walk

1. continuous to one side
2. Snake=Slide front (one legged pivot)

\*Visual aids= Red = starting position. Dark Blue=feet. 2nd starting position. (heels touching)

L3

R3

L1

R1

Light blue: feet movement.

L2

R2

Reminders= Pivoting on one toe and one heel, at different times

#2: V-step

1. Tap side to side (one time)
2. continuous

Select appropriate (clean) Music for the two moves and list.

1. 3.

2. 4.