

Getting Started on the Right Foot

Warm-Up Exercises to Enhance –

- Flexibility
- Strength
- Coordination
- Endurance

Never stretch a cold body - Ryan Dilello

Warm-Ups

Plie

Jog

Jumping Jacks

Sizzor Hops (while jumping, switch feet forward and back)

Plank Jog

Plank on elbows 45 seconds, don't let belly sag

Side X Side (pick up last foot)

Grapevine down floor

Jump Pump

Basic Stretching for Flexibility and Range of Motion

Arms

Arms Out - Wrist Circles, Elbow Circles, Full Arm Circles

Twist Left & Right

Reach or Punch Diagonally Up (both arms) then Diagonally Down (both arms)

Shoulders Open & Close

Shoulders Up & Down (then do opposition)

Center/Back/Hips Area

Rib Cage shift from side to side

Rib Cage all the way around

Stretch Side with arm over head

Hips Settling - Pendulum action

Figure 8 with Hips

Legs & Feet

Lift Knees & Point Feet (Up 1 - Up 2 - Up 3 - Hold 4)

Lunge Side to Side

Lunge Forward

Releve w/ Turnout (shoot up and slowly come down - creating resistance)

Prepare a Combo that the class learns and switch it up occasionally. Use only 1 song so as not to spend too much class time on Warm-up and Stretches.

Have Students lead the combo - Or have them do "Follow Me" w/ Student as the Leader.

Specific Drill for Skill

Cha Cha

Lift Knees & Point Feet (listed above)
Cuban Action Exercise
Follow the Leader - Stay on Default Beat
Forward or Backward Locks across the floor
Cuban Breaks (this would help with the step Crossover Break Back Lock)

Foxtrot

Walks Forward & Back
Scoops & Hills
Stretch Bands to strengthen Frame (Can use as exercise or use while dancing steps solo)

Tango

Forward & Backward Walks around an object such as a small table
Stretch band around waist - Have partner hold the ends of the band behind creating resistance
Cross & Point

Swing

Pump Jumps (listed above)
Releve (listed above)
Connection exercise (push/pull connection)

Arm Styling for Latin Dances

Forward
Elbow
Pinky
Extend