**DANCE 1A WARM-UP**

**Cardio**

* **8 Jumping jacks**
* **Turning Jumping jacks (4 facing right side, 4 facing back, 4 facing left side, 4 facing front)**
* **High knees- 16 counts**
* **REPEAT**
* **Calf and Thigh stretch- right and left leg**

**Head and Shoulders**

* **Head roll-8 counts: to the right (4 counts) and to the left (4 counts)**
* **Shoulders up and down- 8 counts**
* **Shoulder rolls- 2 backward and 2 forward**
* **Arm circles- right arm backward, left arm backward, right arm forward, left arm forward**
* **Arms up, clasp hands over head and stretch arms toward ceiling**
* **Arms behind back, clasp hands and stretch arms back**
* **Right arm across chest, Right elbow behind head**
* **Left arm across chest, Left elbow behind head**

**Roll Down**

* **Roll down with feet in Parallel 1st- 8 counts Hang for 8 counts to stretch back of legs**
* **2 plies while hanging over, arms reach forward as you return to standing**
* **Repeat the roll down in Turnout 2nd**
* **In parallel 1st, roll down then walk hands out to downward dog- tred feet for 8 counts, walk hands back towards feet, return to standing**

**Plie and Releve**

* **2 Plies then 2 Releves in each position (Parallel 1st, Parallel 2nd, Turnout 1st and 2nd)**

**Tendue and Degage**

* **In Parallel 1st, 2 tendues and 2 degages (right foot front, side then left foot front, side)**
* **In Turnout 1st, 2 tendues and 2 degages (right foot front, side, back, side then left foot front, side, back, side)**

**Passe and Developpe**

* **In Turnout 1st, right leg passe and balance. Developpe to front, side, back, side. Repeat with the left leg.**

**Battement**

* **In Turnout 1st, 2 kicks each direction (front, side, back, side) with right leg then left leg**

**Stretches and Strength Exercises**

* **You will just follow along with teacher for this portion of the warm-up**