

WALTZ & BALANCE: LEVEL 1A (8-11yrs)

WALTZ & BALANCE - EXERCISE #1 - Waltz Steps		Finished:
Counts:	Exercise Details:	CHECK-OFF:
Prep:	Dancers begin in corner 6 and will move to corner 2: They should start in sur le	CENTRE:
4cts	cou de pied derrier, a terre, with hands on hips.	
6cts	6 Waltz steps from corner 6 to corner 2	
2cts	Lower in 1st facing front - pointe 1 (7), bring right foot to slcdpd a terre (8)	
6cts	6 Waltz steps back, (from wall 1, to wall 5)	
2cts	Lower in 1st	
16cts	LEAP ACROSS POM POMS	