

Iron "Quick-Look" Class Plan

CD Track #: Exercise Name:

OCTOBER CLOGGING LEVEL 1 - CLOGGING - 60 MINUTES:

#1	Class Entrance Music - "Sit Next to Me"
#2	"All the Ways" Stretch/Warm Up
#3	"Boom" Chug Exercise
#4	"No Roots" Drag-Slide Double Step Exercise
#5	"Move Your Feet" Kick Lift Exercise
#6	"You Should Be Dancing" Pause Basic Exercise
	"Hula Hoop" Hula Hoops
#7	"Let's Eat" Samantha Exercise
#8	"Turkey in the Straw" Joey Exercise
#9	Class Drink Break Music - "Back It Up"
Change CD	Recital Choreography
#10	Class Exit Music - "Party in the USA"