

SKIPS & POLKAS: LEVEL 1A

SKIPS & POLKAS - EXERCISE #1 - Beginning Skips		Finished:	
Counts:	Exercise Details:	CHECK-OFF:	
Prep:	Starting in 1st, arms in preparatory: When music begins, Bring right foot to sur le cou de pied derrier, a terre and hands to hips	CENTRE:	
2cts			
4cts	4x moving front: point (&), Step if (1) - pointe right foot first		
4cts	4x moving back: lift (&), Step ib (1) - lift right foot first		
8cts	REPEAT ABOVE 8 CTS AGAIN		
16cts	REPEAT ALL ABOVE 16 COUNTS AGAIN, THIS TIME ADDING HOPS!		
	Finish: arms to preparatory arrondi, feet back to 1st.		

SKIPS & POLKAS - EXERCISE #2 - Beginning Polka		Finished:	
Counts:	Exercise Details:	CHECK-OFF:	
Prep:	Starting in 1st, arms in preparatory: Bring right foot to sur le cou de pied derrier, a terre and hands to hips	CENTRE:	
4cts			
8cts	4x moving front: point/hop (&), Step-together-step (1&2)		
8cts	4x moving back: lift/hop (&), Step-together-step (1&2)		
16cts	REPEAT ABOVE 16 CTS AGAIN		
	REPEAT ALL ABOVE 32 COUNTS AGAIN, THIS TIME CHANGING THE "STEP-TOGETHER-STEP TO A CHASSE!		
32cts			
	Finish: arms to preparatory arrondi, feet back to 1st.		