

# YouTube links for “At Home” Dancing

## **Mommy & Me Class**

The first video is a stretch and warm-up video that can be done alone or with a parent/sibling/guardian. [https://youtu.be/10d-CqT\\_dD4](https://youtu.be/10d-CqT_dD4)

Ballet warmup: [https://youtu.be/\\_nZxY00tH\\_k](https://youtu.be/_nZxY00tH_k)

The 2nd video is a walk thru video of our ballet dance. <https://youtu.be/ILDKnQI1PRw>

The 3rd video is our ballet dance with music <https://youtu.be/Tm-u2n1Dp74>

Dance Games

Animal Action - <https://youtu.be/fn3ZyNu2uUU>

Listen & Move - [https://youtu.be/j24\\_xH5uvdA](https://youtu.be/j24_xH5uvdA)

Body Rock - <https://youtu.be/Du22rppJQgw>

The Freeze - <https://youtu.be/rNHA0kdIKA4>

*New styles to try for fun!!!*

**TAP** (these can be done with or without tap shoes!!!!)

The first video is a Tap warm-up <https://youtu.be/CbXj6bY3D8U>

The 2nd video is our recital tap dance walk thru step by step <https://youtu.be/bjUGg1DR-s0>

The 3rd video is our recital tap dance with music <https://youtu.be/ccmiFnryntE>

[https://youtu.be/kWVcO\\_jXT5M](https://youtu.be/kWVcO_jXT5M)

<https://youtu.be/46Ps7hlqFuU>

[https://youtu.be/R\\_K3Rt13nks](https://youtu.be/R_K3Rt13nks)

<https://youtu.be/MBRimnq8oDQ>

<https://youtu.be/jVGdql8ner8>

[https://youtu.be/2mef\\_7AvvEM](https://youtu.be/2mef_7AvvEM)

<https://youtu.be/pGNQAvffTTA>

## **Pre-dance**

**TAP** (these can be done with or without tap shoes!!!!)

The first video is a Tap warm-up <https://youtu.be/CbXj6bY3D8U>

Tap Warmup: <https://youtu.be/5ZVJDtk2AyY>

The 2nd video is our recital tap dance walk thru step by step <https://youtu.be/bjUGg1DR-s0>

The 3rd video is our recital tap dance with music <https://youtu.be/ccmiFnryntE>

## **BALLET**

The first video is a stretch and warm-up video that can be done alone or with a parent/sibling/guardian. [https://youtu.be/10d-CqT\\_dD4](https://youtu.be/10d-CqT_dD4)

Ballet warmup: [https://youtu.be/\\_nZxY00tH\\_k](https://youtu.be/_nZxY00tH_k)

walk thru video of a fun ballet dance. <https://youtu.be/v7dcHVOZhQk>

The 3rd video is the fun ballet dance with music <https://youtu.be/3M4rMV06U30>

Predance ballet breakdown: <https://youtu.be/1WEIXZjLdAk>

Predance Ballet with Music: <https://youtu.be/-AAFiFhGLAQ>

[https://youtu.be/kWVcO\\_jXT5M](https://youtu.be/kWVcO_jXT5M)

<https://youtu.be/46Ps7hIqFuU>

[https://youtu.be/R\\_K3Rt13nks](https://youtu.be/R_K3Rt13nks)

<https://youtu.be/MBRimnq8oDQ>

<https://youtu.be/jVGdql8ner8>

[https://youtu.be/2mef\\_7AvvEM](https://youtu.be/2mef_7AvvEM)

<https://youtu.be/pGNQAvffTTA>

## **Dance Games**

Animal Action - <https://youtu.be/fn3ZyNu2uUU>

Listen & Move - [https://youtu.be/j24\\_xH5uvdA](https://youtu.be/j24_xH5uvdA)

Body Rock - <https://youtu.be/Du22rppJQgw>

The Freeze - <https://youtu.be/rNHA0kdIKA4>

## *New styles to try for fun!!!*

Jazz 1/2 with Miss Alexa warmup [https://youtu.be/n\\_cVU1kc2GY](https://youtu.be/n_cVU1kc2GY)

Warm up 1 with Miss Olivia [Jazz 1/2 and 3 Warm up 1](#)

Warm up 2 with Miss Olivia [Jazz 1/2 and 3 Warm up 2](#)

Jazz 1/2 recital dance walk through <https://youtu.be/y3eAzykmKs>

Jazz 1/2 recital dance with music <https://youtu.be/SR2QjUOWz-w>

## **Ballet/Tap 1**

### **BALLET**

The first video is a stretch and warm-up video that can be done alone or with a parent/sibling/guardian. [https://youtu.be/10d-CqT\\_dD4](https://youtu.be/10d-CqT_dD4)

Warm-up/exercises part 2 <https://youtu.be/onnwn-B2X4Y>

Ballet warmup: [https://youtu.be/nZxY00tH\\_k](https://youtu.be/nZxY00tH_k)

The 2nd video is a walk thru video of our recital dance <https://youtu.be/1wwXbAz4mnA>

The 3rd video is the recital ballet dance with music [https://youtu.be/2hosQlh\\_QYw](https://youtu.be/2hosQlh_QYw)  
<https://youtu.be/MEMr4Lbh26A>

**TAP** (these can be done with or without tap shoes!!!!)

The first video is a Tap warm-up <https://youtu.be/CbXj6bY3D8U>

Tap Warmup: <https://youtu.be/5ZVJDtk2AyY>

(harder tap warm-up) <https://youtu.be/7xr1b4WWwTE>

(even HARD tap warmup) <https://youtu.be/4MGtr54OX8w>

The 2nd video is a fun tap dance walk thru step by step <https://youtu.be/7VQkOrx58Lc>

The 3rd video is a fun tap dance with music <https://youtu.be/6a14QpamT-Q>

B/t 1 Tap Breakdown: <https://youtu.be/zY6UUNG0zHq>

B/T 1 Tap with Music: <https://youtu.be/6gZvqQzqrAo>

### Dance Games

Animal Action - <https://youtu.be/fn3ZyNu2uUU>

Listen & Move - [https://youtu.be/j24\\_xH5uvdA](https://youtu.be/j24_xH5uvdA)

Body Rock - <https://youtu.be/Du22rppJQgw>

The Freeze - <https://youtu.be/rNHA0kdIKA4>

### *New styles to try for fun!!!*

Jazz 1/2 with Miss Alexa warmup [https://youtu.be/n\\_cVU1kc2GY](https://youtu.be/n_cVU1kc2GY)

Warm up 1 with Miss Olivia [Jazz 1/2 and 3 Warm up 1](#)

Warm up 2 with Miss Olivia [Jazz 1/2 and 3 Warm up 2](#)

Jazz 1/2 recital dance walk through <https://youtu.be/y3eAzykmKs>

Jazz 1/2 recital dance with music <https://youtu.be/SR2QjUOWz-w>

## **Ballet/Tap 2**

**TAP** (these can be done with or without tap shoes!!!!)

The first video is a Tap warm-up <https://youtu.be/CbXj6bY3D8U> & [https://youtu.be/la\\_UIDocYDQ](https://youtu.be/la_UIDocYDQ)

Tap Warmup: <https://youtu.be/5ZVJDtk2AyY>

(harder tap warm-up) <https://youtu.be/7xr1b4WWwTE>

(even HARD tap warmup) <https://youtu.be/4MGtr54OX8w>

The 2nd video is our recital Tap Routine step by step <https://youtu.be/RSjBzYiG4zA>

The 3rd video is our recital routine with music [https://youtu.be/tKvjv\\_muwok](https://youtu.be/tKvjv_muwok)

## **BALLET**

The first video is a stretch and warm-up video that can be done alone or with a parent/sibling/guardian. [https://youtu.be/10d-CqT\\_dD4](https://youtu.be/10d-CqT_dD4)

Warm-up/exercises part 2 <https://youtu.be/onwn-B2X4Y>

Ballet warmup: [https://youtu.be/nZxY00tH\\_k](https://youtu.be/nZxY00tH_k)

walk thru of a fun Ballet Dance <https://youtu.be/EKcq8BnURvo>

fun ballet dance with music <https://youtu.be/MEMr4Lbh26A>

B/t2 ballet breakdown: <https://youtu.be/5gR5x7Zn608>

B/t 2 Ballet with music: <https://youtu.be/CXvuNCFCSMP>

## Dance Games

Animal Action - <https://youtu.be/fn3ZyNu2uUU>

Listen & Move - [https://youtu.be/j24\\_xH5uvdA](https://youtu.be/j24_xH5uvdA)

Body Rock - <https://youtu.be/Du22rppJQgw>

The Freeze - <https://youtu.be/rNHA0kdIKA4>

## *New styles to try for fun!!!*

**JAZZ** - warmup [https://youtu.be/n\\_cVU1kc2GY](https://youtu.be/n_cVU1kc2GY)

Warm up 1 with Miss Olivia [Jazz 1/2 and 3 Warm up 1](https://youtu.be/Jazz_1/2_and_3_Warm_up_1)

Warm up 2 with Miss Olivia [Jazz 1/2 and 3 Warm up 2](https://youtu.be/Jazz_1/2_and_3_Warm_up_2)

Jazz 1/2 recital dance walk through <https://youtu.be/y3eAzzymKs>

Jazz 1/2 recital dance with music <https://youtu.be/SR2QjUOWz-w>

**LYRICAL** - Warmup 1: <https://youtu.be/Loeul96oEdE>

Warmup2: [https://youtu.be/0\\_L84XrRcds](https://youtu.be/0_L84XrRcds)

Recital walk thru <https://youtu.be/sL35cB7mr8I>

Recital with music <https://youtu.be/IVF7I7pu04I>

**ACRO** -Part 1: <https://youtu.be/WYald4OTuBM>

Part 2: <https://youtu.be/eFQ1jUf3Vv4>

Part 3: <https://youtu.be/d80dTJQfoDI>

Part 4: <https://youtu.be/zMzXH136YOW>

**STREET JAZZ/ HIP HOP** - The first video is stretch & warm-

up <https://youtu.be/KeQDKIOWzDU>

The 2nd video is our recital routine with music for practice <https://youtu.be/Y3Zo6Mm1MpU>

## **Ballet/Tap 3**

**TAP** (these can be done with or without tap shoes!!!!)

The first video is a Tap warm-up <https://youtu.be/4MGtr54OX8w>

The 2nd video is our Fun Tap Routine step by step [https://youtu.be/vW29\\_ITo8gM](https://youtu.be/vW29_ITo8gM)

The 3rd video is our Fun Tap routine with music <https://youtu.be/6a14QpamT-Q>

## **BALLET**

The first video is a stretch and warm-up video that can be done alone or with a parent/sibling/guardian. [https://youtu.be/10d-CqT\\_dD4](https://youtu.be/10d-CqT_dD4)

Warm-up/exercises part 2 <https://youtu.be/onnwn-B2X4Y>

The 2nd video is a walk thru of our Ballet recital routine [https://youtu.be/\\_gBAbsx2FgY](https://youtu.be/_gBAbsx2FgY)

The 3rd video is our ballet recital routine with music <https://youtu.be/azLBYGXchMg>  
<https://youtu.be/hEYTF3VGQRA>

## **Dance Games**

Animal Action - <https://youtu.be/fn3ZyNu2uUU>

Listen & Move - [https://youtu.be/j24\\_xH5uvdA](https://youtu.be/j24_xH5uvdA)

Body Rock - <https://youtu.be/Du22rppJQgw>

The Freeze - <https://youtu.be/rNHA0kdIKA4>

## *New Styles to try for fun!*

JAZZ - Warm up 1 <https://youtu.be/RqNedrFbOjY>

Warm up 2 <https://youtu.be/nMoFIJxiO2E>

Recital w/o music [Jazz 3 recital w/o music](#)

Recital w/ music [Jazz 3 Recital w/ music](#)

LYRICAL - Warmup 1: <https://youtu.be/Loeul96oEdE>

Warmup2: [https://youtu.be/0\\_L84XrRcds](https://youtu.be/0_L84XrRcds)

Recital walk thru <https://youtu.be/sL35cB7mr8I>

Recital with music <https://youtu.be/IVF7I7pu04I>

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Part 2: <https://youtu.be/eFQ1jUf3Vv4>

Part 3: <https://youtu.be/d80dTJQfoDI>

Part 4: <https://youtu.be/zMzXH136Yow>

STREET JAZZ/ HIP HOP - The first video is stretch & warm-up <https://youtu.be/KeQDkIOWzDU>

The 2nd video is our recital routine with music for practice <https://youtu.be/Y3Zo6Mm1MpU>

## Jazz 1/2

*Jazz 1/2 with Miss Olivia:*

Warm up 1 [Jazz 1/2 and 3 Warm up 1](#)

Warm up 2 [Jazz 1/2 and 3 Warm up 2](#)

Recital w/o music [Jazz 1/2 Recital w/o music](#)

Recital w/ music [Jazz 1/2 Recital w/ music](#)

*Jazz 1/2 with Miss Alexa*

Jazz 1/2 warmup [https://youtu.be/n\\_cVU1kc2GY](https://youtu.be/n_cVU1kc2GY)

Jazz 1/2 recital dance walk through <https://youtu.be/y3eAzykmKs>

Jazz 1/2 recital dance with music <https://youtu.be/SR2QjUOWz-w>

*Jazz 1/2 with Miss Allyssa*

Part 1 Warmup: <https://youtu.be/lllLUu7tjf0>

Part 2 Activity: <https://youtu.be/UHUt26-rTsY>

Part 3: Choreo review: <https://youtu.be/p0pcSk6i5YM>

Part 4: Choreo with music <https://youtu.be/jRaI0OnfT4Y>

Dance Games

Animal Action - <https://youtu.be/fn3ZyNu2uUU>

Listen & Move - [https://youtu.be/j24\\_xH5uvdA](https://youtu.be/j24_xH5uvdA)

Body Rock - <https://youtu.be/Du22rppJQgw>

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The 3rd video is the recital ballet dance with music [https://youtu.be/2hosQlh\\_QYw](https://youtu.be/2hosQlh_QYw)

<https://youtu.be/MEMr4Lbh26A>

TAP - (these can be done with or without tap shoes!!!!)

The first video is a Tap warm-up <https://youtu.be/CbXj6bY3D8U>

(harder tap warm-up) <https://youtu.be/7xr1b4WWwTE>

(even HARD tap warmup) <https://youtu.be/4MGtr54OX8w>

The 2nd video is a fun tap dance walk thru step by step <https://youtu.be/7VQkOrx58Lc>

The 3rd video is a fun tap dance with music <https://youtu.be/6al4QpamT-Q>

## **Jazz 3**

Warm up 1 <https://youtu.be/RqNedrFbOjY>

Warm up 2 <https://youtu.be/nMoFIJxiO2E>

Recital w/o music [Jazz 3 recital w/o music](#)

Recital w/ music [Jazz 3 Recital w/ music](#)

### Dance Games

Animal Action - <https://youtu.be/fn3ZyNu2uUU>

Listen & Move - [https://youtu.be/j24\\_xH5uvdA](https://youtu.be/j24_xH5uvdA)

Body Rock - <https://youtu.be/Du22rppJQgw>

The Freeze - <https://youtu.be/rNHA0kdIKA4>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

### *New styles to try for fun!!!*

LYRICAL - Warmup 1: <https://youtu.be/Loeul96oEdE>

Warmup2: [https://youtu.be/0\\_L84XrRcds](https://youtu.be/0_L84XrRcds)

Recital walk thru <https://youtu.be/sL35cB7mr8I>

Recital with music <https://youtu.be/IVF7I7pu04I>

ACRO -Part 1: <https://youtu.be/WYald4OTuBM>

Part 2: <https://youtu.be/eFQ1jUf3Vv4>

Part 3: <https://youtu.be/d80dTJQfoDI>

Part 4: <https://youtu.be/zMzXH136YOW>

TAP (these can be done with or without tap shoes!!!!)

The first video is a Tap warm-up <https://youtu.be/4MGtr54OX8w>

The 2nd video is our Fun Tap Routine step by step [https://youtu.be/vW29\\_ITo8gM](https://youtu.be/vW29_ITo8gM)

The 3rd video is our Fun Tap routine with music <https://youtu.be/6al4QpamT-Q>

BALLET - The first video is a stretch and warm-up video that can be done alone or with a parent/sibling/guardian. [https://youtu.be/10d-CqT\\_dD4](https://youtu.be/10d-CqT_dD4)

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The 3rd video is our ballet recital routine with music <https://youtu.be/azLBYGXchMq>

<https://youtu.be/hEYTF3VGQRA>

STREET JAZZ/ HIP HOP - The first video is stretch & warm-

up <https://youtu.be/KeQDkIOWzDU>

The 2nd video is our recital routine with music for practice <https://youtu.be/Y3Zo6Mm1MpU>

## **Beg/Int Hip Hop/Street Jazz**

The first video is stretch & warm-up <https://youtu.be/KeQDklOWzDU>

The 2nd video is our recital routine with music for practice <https://youtu.be/Y3Zo6Mm1MpU>

### Dance Games

Animal Action - <https://youtu.be/fn3ZyNu2uUU>

Listen & Move - [https://youtu.be/j24\\_xH5uvdA](https://youtu.be/j24_xH5uvdA)

Body Rock - <https://youtu.be/Du22rppJQgw>

The Freeze - <https://youtu.be/rNHA0kdIKA4>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

### *New Styles to try for fun!*

JAZZ - Warm up 1 <https://youtu.be/RqNedrFbOjY>

Warm up 2 <https://youtu.be/nMoFIJxiO2E>

Recital w/o music [Jazz 3 recital w/o music](#)

Recital w/ music [Jazz 3 Recital w/ music](#)

LYRICAL - Warmup 1: <https://youtu.be/Loeul96oEdE>

Warmup2: [https://youtu.be/0\\_L84XrRcds](https://youtu.be/0_L84XrRcds)

Recital walk thru <https://youtu.be/sL35cB7mr8I>

Recital with music <https://youtu.be/IVF7I7pu04I>

ACRO -Part 1: <https://youtu.be/WYald4OTuBM>

Part 2: <https://youtu.be/eFQ1jUf3Vv4>

Part 3: <https://youtu.be/d80dTJQfoDI>

Part 4: <https://youtu.be/zMzXH136YOW>

TAP (these can be done with or without tap shoes!!!!)

The first video is a Tap warm-up <https://youtu.be/4MGtr54OX8w>

The 2nd video is our Fun Tap Routine step by step [https://youtu.be/vW29\\_ITo8qM](https://youtu.be/vW29_ITo8qM)

The 3rd video is our Fun Tap routine with music <https://youtu.be/6al4QpamT-Q>

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Warm-up/exercises part 2 <https://youtu.be/onnwn-B2X4Y>

The 2nd video is a walk thru of our Ballet recital routine [https://youtu.be/\\_gBAbsx2FgY](https://youtu.be/_gBAbsx2FgY)

The 3rd video is our ballet recital routine with music <https://youtu.be/azLBYGXchMg>  
<https://youtu.be/hEYTF3VGQRA>



## **Beg/Int Contemp/Lyrical**

Warmup 1: <https://youtu.be/Loeul96oEdE>

Warmup2: [https://youtu.be/0\\_L84XrRcds](https://youtu.be/0_L84XrRcds)

Recital walk thru <https://youtu.be/sL35cB7mr8I>

Recital with music <https://youtu.be/IVF7I7pu04I>

### Dance Games

Animal Action - <https://youtu.be/fn3ZyNu2uUU>

Listen & Move - [https://youtu.be/j24\\_xH5uvdA](https://youtu.be/j24_xH5uvdA)

Body Rock - <https://youtu.be/Du22rppJQgw>

The Freeze - <https://youtu.be/rNHA0kdIKA4>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

### *New Styles to try for fun!*

Jazz - Warm up 1 <https://youtu.be/RqNedrFbOjY>

Warm up 2 <https://youtu.be/nMoFIJxiO2E>

Recital w/o music [Jazz 3 recital w/o music](#)

Recital w/ music [Jazz 3 Recital w/ music](#)

STREET JAZZ/ HIP HOP - The first video is stretch & warm-up <https://youtu.be/KeQDkIOWzDU>

The 2nd video is our recital routine with music for practice <https://youtu.be/Y3Zo6Mm1MpU>

Acro -Part 1: <https://youtu.be/WYald4OTuBM>

Part 2: <https://youtu.be/eFQ1jUf3Vv4>

Part 3: <https://youtu.be/d80dTJQfoDI>

Part 4: <https://youtu.be/zMzXH136Yow>

Tap (these can be done with or without tap shoes!!!!)

The first video is a Tap warm-up <https://youtu.be/4MGtr54OX8w>

The 2nd video is our Fun Tap Routine step by step [https://youtu.be/vW29\\_ITo8gM](https://youtu.be/vW29_ITo8gM)

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Warm-up/exercises part 2 <https://youtu.be/onnwn-B2X4Y>

The 2nd video is a walk thru of our Ballet recital routine [https://youtu.be/\\_qBAbsx2FqY](https://youtu.be/_qBAbsx2FqY)

The 3rd video is our ballet recital routine with music <https://youtu.be/azLBYGXchMg>

<https://youtu.be/hEYTF3VGQRA>

## **Beg/Int Acro**

Part 1: <https://youtu.be/WYald4OTuBM>

Part 2: <https://youtu.be/eFQ1jUf3Vv4>

Part 3: <https://youtu.be/d80dTJQfoDI>

Part 4: <https://youtu.be/zMzXH136YOW>

Recital dance:

<https://youtu.be/o9VYjGIZuiA>

### Dance Games

Animal Action - <https://youtu.be/fn3ZyNu2uUU>

Listen & Move - [https://youtu.be/j24\\_xH5uvdA](https://youtu.be/j24_xH5uvdA)

Body Rock - <https://youtu.be/Du22rppJQgw>

The Freeze - <https://youtu.be/rNHA0kdIKA4>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

### *New Styles to try for fun!*

JAZZ - Warm up 1 <https://youtu.be/RqNedrFbOjY>

Warm up 2 <https://youtu.be/nMoFIJxiO2E>

Recital w/o music [Jazz 3 recital w/o music](#)

Recital w/ music [Jazz 3 Recital w/ music](#)

LYRICAL - Warmup 1: <https://youtu.be/Loeul96oEdE>

Warmup2: [https://youtu.be/0\\_L84XrRcds](https://youtu.be/0_L84XrRcds)

Recital walk thru <https://youtu.be/sL35cB7mr8I>

Recital with music <https://youtu.be/IVF7I7pu04I>

TAP (these can be done with or without tap shoes!!!!)

The first video is a Tap warm-up <https://youtu.be/4MGtr54OX8w>

The 2nd video is our Fun Tap Routine step by step [https://youtu.be/vW29\\_ITo8gM](https://youtu.be/vW29_ITo8gM)

The 3rd video is our Fun Tap routine with music <https://youtu.be/6a14QpamT-Q>

BALLET - The first video is a stretch and warm-up video that can be done alone or with a parent/sibling/guardian. [https://youtu.be/10d-CqT\\_dD4](https://youtu.be/10d-CqT_dD4)

Warm-up/exercises part 2 <https://youtu.be/onwn-B2X4Y>

The 2nd video is a walk thru of our Ballet recital routine [https://youtu.be/\\_gBAbsx2FgY](https://youtu.be/_gBAbsx2FgY)

The 3rd video is our ballet recital routine with music <https://youtu.be/azLBYGXchMq>

<https://youtu.be/hEYTF3VGQRA>

STREET JAZZ/ HIP HOP - The first video is stretch & warm-

up <https://youtu.be/KeQDkIOWzDU>

The 2nd video is our recital routine with music for practice <https://youtu.be/Y3Zo6Mm1MpU>

## ***Int Ballet***

Barre: <https://youtu.be/uZWix8RwL5A>  
<https://youtu.be/1u7mRXd4H7c>  
<https://youtu.be/Zc6P-MJqv0l>  
<https://youtu.be/tPzWKCfpnwo>  
<https://youtu.be/nlgj95ivuwc>  
<https://youtu.be/SwpCuFqhdcA>  
<https://youtu.be/1O0C5Nm-zxU>  
<https://youtu.be/Q4iUpk6D3r8>  
<https://youtu.be/15d-Hlhv0Qg>  
[https://youtu.be/\\_275Df2gfaA](https://youtu.be/_275Df2gfaA)  
<https://youtu.be/XjNKk3ll3Po>

## ***Int Tap***

Tap warm-up <https://youtu.be/4MGtr54OX8w>  
Intro: <https://youtu.be/WKFSaQM0d4k>  
1st section without music: <https://youtu.be/B1XfDBdXeBs>  
New section without music: <https://youtu.be/lrl-aV3NzU4>  
1st section with music: [https://youtu.be/7DoABiqb\\_aU](https://youtu.be/7DoABiqb_aU)  
New section with music: <https://youtu.be/Jp7Sf-HV3Mo>  
[https://youtu.be/1xNhq\\_P5i\\_M](https://youtu.be/1xNhq_P5i_M)

## ***Int Lyrical***

Warmup 1: <https://youtu.be/Loeul96oEdE>  
Warmup2: [https://youtu.be/0\\_L84XrRcds](https://youtu.be/0_L84XrRcds)  
Choreo breakdown: <https://youtu.be/HJJY5P9QBFE>  
End choreo with music: <https://youtu.be/kccPXWHxn7s>  
Students doing choreo: <https://youtu.be/pByJpsO4ebM>  
New INT Lyrical Choreo: <https://youtu.be/mEdACqRE6UA>  
Plank Fun: <https://youtu.be/GMi0z59LDp4>  
Lyrical Int and Up: <https://youtu.be/s2rQTMzpYv8>

## ***Int Jazz***

warm-up <https://youtu.be/c20jUez6Ebl>  
Int Jazz Recital Routine <https://youtu.be/NkgGGRV80Z0>  
Plank Fun: <https://youtu.be/GMi0z59LDp4>

## ***Int Contemporary***

Contemporary floor movement/stretch <https://youtu.be/G5ki4HqsZiq>  
Partner Stretch [https://youtu.be/8lD\\_48oixCl](https://youtu.be/8lD_48oixCl)  
Core strength with battements <https://youtu.be/jz-rN5Dft1w>  
recital routine <https://youtu.be/WfbR7oZFyZg>  
[https://youtu.be/PNBKrsF\\_lz0](https://youtu.be/PNBKrsF_lz0)  
Plank Fun: <https://youtu.be/GMi0z59LDp4>  
**Contemporary Challenge Instructions** <https://youtu.be/DmnVNBEpmql>  
Contemporary Challenge Phrase <https://youtu.be/FwBXqYY2dUY>

## ***Int Hip Hop***

Int Hip Hop Videos:

Part 1: <https://youtu.be/KeQDklOWzDU>

Part 2: <https://youtu.be/Qvn-sjA2O5M>

Part 3: [https://youtu.be/Jo\\_jf78li98](https://youtu.be/Jo_jf78li98)

Part 4: [https://youtu.be/i\\_gYiGalp-E](https://youtu.be/i_gYiGalp-E)

Part 5: <https://youtu.be/TSayN-qPzVc>

The video of them doing the dance: <https://youtu.be/k1A5ZknoR8w>

New INT Hip Hop Choreo: [https://www.youtube.com/watch?v=i\\_gYiGalp-E&feature=youtu.be](https://www.youtube.com/watch?v=i_gYiGalp-E&feature=youtu.be)

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## ***Int Acro***

Part 1: <https://youtu.be/rHnq3Yo-kTg>

Part 2: [https://youtu.be/fOH\\_MbX78TE](https://youtu.be/fOH_MbX78TE)

Part 3: <https://youtu.be/6NXLO9JHXMA>

Int recital: <https://youtu.be/dm01jM13mhA>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## ***Int Street Jazz***

The first video is stretch & warm-up <https://youtu.be/KeQDklOWzDU>

The 2nd video is our recital routine with music for practice <https://youtu.be/3OleLed3Be8>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## ***Int/Adv Ballet***

<https://youtu.be/uZWix8RwL5A>  
<https://youtu.be/1u7mRXd4H7c>  
<https://youtu.be/Zc6P-MJqv0l>  
<https://youtu.be/tPzWKCfpnwo>  
<https://youtu.be/nlgj95ivuwc>  
<https://youtu.be/SwpCuFqhdcA>  
<https://youtu.be/1O0C5Nm-zxU>  
<https://youtu.be/Q4iUpk6D3r8>  
<https://youtu.be/15d-Hlhv0Qg>  
[https://youtu.be/\\_275Df2qfaA](https://youtu.be/_275Df2qfaA)  
<https://youtu.be/XjNKk3ll3Po>

## ***Int/Adv Pointe***

<https://youtu.be/nEnoallyVKA>

## ***Int/Adv Tap***

Tap Warmup: <https://youtu.be/HnsvSN298OY>

Other fun tap videos to try:

<https://www.facebook.com/18204634/posts/10101871010601733/?d=n>

<https://www.facebook.com/18204634/posts/10101876465200673/?d=n>

<https://www.facebook.com/18204634/posts/10101881966346333/?d=n>

[https://youtu.be/1xNhg\\_P5i\\_M](https://youtu.be/1xNhg_P5i_M)

Tap recital routine

<https://youtu.be/J5eNeoyoHhI>

<https://youtu.be/KsSf3BrqjeM>

<https://youtu.be/l0OGrXrNYqU>

## ***Int/Adv Jazz***

Warmup <https://youtu.be/c20jUez6EbI>

Jazz center technique <https://youtu.be/MvdJGCWlnRE>

recital routine <https://youtu.be/CUJ02BtghRA>

Part 1: <https://youtu.be/zUxANTD37cE>

Part 2: <https://youtu.be/wXw1MDBmFKU>

Part 3: <https://youtu.be/WLzCeaiFkT4>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## ***Int/Adv Lyrical***

warm-up & stretch <https://youtu.be/k5ZtNrm8u08> & <https://youtu.be/Yqua1Jdauio>

fun lyrical combo <https://youtu.be/dEcgcNgtTIM> & <https://youtu.be/HSCMLbOrFKQ>

recital routine <https://youtu.be/ZkCf-FjACeA>

<https://youtu.be/nEnoallyVKA>

Lyrical Int and Up: <https://youtu.be/s2rQTMzpYv8>

Lyrical Teens and up: <https://youtu.be/RfSXeLVjMwk>

With Music: <https://youtu.be/8RZeqngys0U>

## ***Int/Adv Hip Hop***

Hip Hop Warmup: <https://youtu.be/KeQDklOWzDU>

Hip hop fun Tutting: <https://youtu.be/xgQc71MIKQM>

Hip hop Int/adc choreography: <https://youtu.be/VhMgoF09o1E>

Hip hop int/adv end with music: <https://youtu.be/0CvDmyliamQ>

Hip hip int/adv students dancing: <https://youtu.be/k-4ux09TZ8g>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## ***Int/Adv Contemp Modern***

Contemporary floor movement/stretch <https://youtu.be/G5ki4HqsZiq>

Partner Stretch [https://youtu.be/8ID\\_48oixCI](https://youtu.be/8ID_48oixCI)

Core strength with battements <https://youtu.be/jz-rN5Dft1w>

recital routine Int/ Adv Contemporary <https://youtu.be/AinImSAaU14>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

**Contemporary Challenge Instructions** <https://youtu.be/DmnVNBEpmql>

Contemporary Challenge Phrase <https://youtu.be/FwBXqYY2dUY>

## ***Int/Adv Street Jazz***

Warmup: <https://youtu.be/KeQDklOWzDU>

Fun: <https://youtu.be/xgQc71MIKQM>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## ***Int/Adv Contemporary***

<https://youtu.be/G5ki4HqsZiq>

Partner Stretch [https://youtu.be/8ID\\_48oixCI](https://youtu.be/8ID_48oixCI)

Core strength with battements <https://youtu.be/jz-rN5Dft1w>

Something FUN! <https://youtu.be/y63zy4fzMv8>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

**Contemporary Challenge Instructions** <https://youtu.be/DmnVNBEpmql>

Contemporary Challenge Phrase <https://youtu.be/FwBXqYY2dUY>

## ***Int/Adv Acro***

Part 1: <https://youtu.be/rHnq3Yo-kTg>

Part2: [https://youtu.be/fOH\\_MbX78TE](https://youtu.be/fOH_MbX78TE)

Part 3: <https://youtu.be/6NXLO9JHXMA>

Int/adv recital: <https://youtu.be/MMDzWmgzvg>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## ***Int/Adv Stretch & Tech***

Intro: <https://www.youtube.com/watch?v=R0PnxhP6b9Y>

First part of warm-up: <https://www.youtube.com/watch?v=hDe47W1W9Vs>

Second part of warm-up: <https://www.youtube.com/watch?v=HALezbWXQ10>

Floor stretch: <https://www.youtube.com/watch?v=yjM54mcrkSE>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

turn tutorial <https://www.youtube.com/watch?v=dd1LfpZvHok&feature=youtu.be>

cardio video <https://youtu.be/ITleqovHxLA>

## ***Company Class***

[Company Class Cardio Warm-up](#)

[Company Class Arms](#)

[Company Class Legs](#)

[Company Class Abs](#)

[Company Class Center Exercise](#)

[Company Class Leg Extension](#)

## ***Adv Teen Ballet***

<https://youtu.be/uZWix8RwL5A>

<https://youtu.be/1u7mRXd4H7c>

<https://youtu.be/Zc6P-MJqv0l>

<https://youtu.be/tPzWKCfpnwo>

<https://youtu.be/nlgj95ivuwc>

<https://youtu.be/SwpCuFqhdcA>

<https://youtu.be/1O0C5Nm-zxU>

<https://youtu.be/Q4iUpk6D3r8>

<https://youtu.be/15d-Hlhv0Qg>

[https://youtu.be/\\_275Df2gfaA](https://youtu.be/_275Df2gfaA)

<https://youtu.be/XjNKk3ll3Po>

## ***Adv Teen Pointe***

<https://youtu.be/nEnoallyVKA>

## ***Adv Teen Tap***

Tap Warmup: <https://youtu.be/HnsvSN298OY>

Other fun tap videos to try:

<https://www.facebook.com/18204634/posts/10101871010601733/?d=n>

<https://www.facebook.com/18204634/posts/10101876465200673/?d=n>

<https://www.facebook.com/18204634/posts/10101881966346333/?d=n>

[https://youtu.be/1xNhg\\_P5i\\_M](https://youtu.be/1xNhg_P5i_M)

Tap recital routine

<https://youtu.be/J5eNeoyoHhI>

<https://youtu.be/KsSf3BrqjeM>

<https://youtu.be/l0OGrXrNYqU>

## ***Adv Teen Jazz***

Warmup <https://youtu.be/c20jUez6Ebl>

Jazz center technique <https://youtu.be/MvdJGCWlnRE>

recital routine [https://youtu.be/rlibCi5y\\_Ik](https://youtu.be/rlibCi5y_Ik)

PArt 1: <https://youtu.be/zUxANTD37cE>

Part 2: <https://youtu.be/wXw1MDBmFKU>

PArt3: <https://youtu.be/WLzCeaiFkT4>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## ***Adv Teen Lyrical***

warm-up & stretch <https://youtu.be/k5ZtNrm8u08> & <https://youtu.be/Yqua1Jdauio>

fun lyrical combo <https://youtu.be/dEcgcNgtTIM> & <https://youtu.be/HSCMLbOrFKQ>

recital routine <https://youtu.be/KFX3V-BFc7U>

<https://youtu.be/nEnoallyVKA>

Lyrical Int and Up: <https://youtu.be/s2rQTMzpYv8>

Lyrical Teens and up: <https://youtu.be/RfSXeLVjMwk>

With Music: <https://youtu.be/8RZeqnqys0U>

Plank Fun: <https://youtu.be/GMi0z59LDp4>



## ***Adv Teen Contemp Modern***

Contemporary floor movement/stretch <https://youtu.be/G5ki4HqsZiq>

Partner Stretch [https://youtu.be/8ID\\_48oixCI](https://youtu.be/8ID_48oixCI)

Core strength with battements <https://youtu.be/jz-rN5Dft1w>

recital routine Adv Teen Contemporary <https://youtu.be/qwQIWv00G54>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

**Contemporary Challenge Instructions** <https://youtu.be/DmnVNBEmql>

Contemporary Challenge Phrase <https://youtu.be/FwBXqYY2dUY>

## ***Adv Teen Stretch & Tech***

Intro: <https://www.youtube.com/watch?v=R0PnxhP6b9Y>

First part of warm-up: <https://www.youtube.com/watch?v=hDe47W1W9Vs>

Second part of warm-up: <https://www.youtube.com/watch?v=HALezbWXQ10>

Floor stretch: <https://www.youtube.com/watch?v=yjM54mcrkSE>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

turn tutorial <https://www.youtube.com/watch?v=dd1LfpZvHok&feature=youtu.be>

cardio video <https://youtu.be/ITleqovHxLA>

## ***Adv Teen Street Jazz***

Warmup: <https://youtu.be/KeQDklOWzDU>

Fun: <https://youtu.be/xgQc71MIKQM>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## ***Adv Teen Contemporary***

<https://youtu.be/G5ki4HqsZiq>

Partner Stretch [https://youtu.be/8ID\\_48oixCI](https://youtu.be/8ID_48oixCI)

Core strength with battements <https://youtu.be/jz-rN5Dft1w>

Something FUN! <https://youtu.be/y63zy4fzMv8>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

**Contemporary Challenge Instructions** <https://youtu.be/DmnVNBEmql>

Contemporary Challenge Phrase <https://youtu.be/FwBXqYY2dUY>

## ***Company Class***

[Company Class Cardio Warm-up](#)

[Company Class Arms](#)

[Company Class Legs](#)

[Company Class Abs](#)

[Company Class Center Exercise](#)

[Company Class Leg Extension](#)

## **Adv Senior Ballet**

Barre: <https://youtu.be/uZWix8RwL5A>  
<https://youtu.be/1u7mRXd4H7c>  
<https://youtu.be/Zc6P-MJqv0l>  
<https://youtu.be/tPzWKCfpnwo>  
<https://youtu.be/nlgj95ivuwc>  
<https://youtu.be/SwpCuFqhdcA>  
<https://youtu.be/1O0C5Nm-zxU>  
<https://youtu.be/Q4iUpk6D3r8>  
<https://youtu.be/15d-Hlhv0Qg>  
[https://youtu.be/\\_275Df2gfaA](https://youtu.be/_275Df2gfaA)  
<https://youtu.be/XjNKk3ll3Po>  
Recital Routine: <https://youtu.be/Zl-v6X9YJQw>

## **Adv Senior Pointe**

<https://youtu.be/nEnoallyVKA>  
Pointe Routine: <https://youtu.be/tCiq73DMH14>

## **Adv Senior Tap**

Tap Warmup: <https://youtu.be/HnsvSN298OY>  
Other fun tap videos to try:  
<https://www.facebook.com/18204634/posts/10101871010601733/?d=n>  
<https://www.facebook.com/18204634/posts/10101876465200673/?d=n>  
<https://www.facebook.com/18204634/posts/10101881966346333/?d=n>  
[https://youtu.be/1xNhg\\_P5i\\_M](https://youtu.be/1xNhg_P5i_M)  
Tap recital routine: <https://youtu.be/OjpY5PPX8No>

## **Adv Senior Contemporary**

<https://youtu.be/G5ki4HqsZiq>  
Partner Stretch [https://youtu.be/8lD\\_48oixCl](https://youtu.be/8lD_48oixCl)  
Core strength with battements <https://youtu.be/iz-rN5Dft1w>  
Something FUN! <https://youtu.be/y63zy4fzMv8>  
Plank Fun: <https://youtu.be/GMi0z59LDp4>  
**Contemporary Challenge Instructions** <https://youtu.be/DmnVNBEpmql>  
Contemporary Challenge Phrase <https://youtu.be/FwBXqYY2dUY>

## **Adv SR1 & SR2 Stretch & Tech**

Intro: <https://www.youtube.com/watch?v=R0PnxhP6b9Y>  
First part of warm-up: <https://www.youtube.com/watch?v=hDe47W1W9Vs>  
Second part of warm-up: <https://www.youtube.com/watch?v=HALezbWXQl0>  
Floor stretch: <https://www.youtube.com/watch?v=yjM54mcrkSE>  
Plank Fun: <https://youtu.be/GMi0z59LDp4>  
turn tutorial <https://www.youtube.com/watch?v=dd1LfpZvHok&feature=youtu.be>  
cardio video <https://youtu.be/ITleqovHxLA>

## **Adv SR1 Jazz**

PART 1: <https://youtu.be/zUxANTD37cE>

Part 2: <https://youtu.be/wXw1MDBmFKU>

PART3: <https://youtu.be/WLzCeaiFkT4>

Part 4 (their choreography): <https://youtu.be/WPPo0hAyx1w>

Warmup <https://youtu.be/c20jUez6Ebl>

Jazz center technique <https://youtu.be/MvdJGCWlnRE>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## **Adv SR2 Jazz**

Warmup <https://youtu.be/c20jUez6Ebl>

Jazz center technique <https://youtu.be/MvdJGCWlnRE>

recital routine

[https://youtu.be/DPoJ75-Y\\_c](https://youtu.be/DPoJ75-Y_c)

PART 1: <https://youtu.be/zUxANTD37cE>

Part 2: <https://youtu.be/wXw1MDBmFKU>

PART3: <https://youtu.be/WLzCeaiFkT4>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## **Adv SR1 Lyrical**

warm-up & stretch <https://youtu.be/k5ZtNrm8u08> & <https://youtu.be/Yqua1Jdaui0>

fun lyrical combo <https://youtu.be/dEcgcNgtTIM> & <https://youtu.be/HSCMLbOrFKQ>

recital routine [https://youtu.be/580A0\\_9Rrgs](https://youtu.be/580A0_9Rrgs)

<https://youtu.be/nEnoallyVKA>

Lyrical Int and Up: <https://youtu.be/s2rQTMzpYv8>

Lyrical Teens and up: <https://youtu.be/RfSXeLVjMwk>

With Music: <https://youtu.be/8RZegngys0U>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## **Adv SR2 Lyrical**

warm-up & stretch <https://youtu.be/k5ZtNrm8u08> & <https://youtu.be/Yqua1Jdaui0>

fun lyrical combo <https://youtu.be/dEcgcNgtTIM> & <https://youtu.be/HSCMLbOrFKQ>

recital routine <https://youtu.be/fjr71iRKY9Q>

<https://youtu.be/nEnoallyVKA>

Lyrical Int and Up: <https://youtu.be/s2rQTMzpYv8>

Lyrical Teens and up: <https://youtu.be/RfSXeLVjMwk>

With Music: <https://youtu.be/8RZegngys0U>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## **Adv SR1 Contemp Modern**

Contemporary floor movement/stretch <https://youtu.be/G5ki4HqsZig>

Partner Stretch [https://youtu.be/8ID\\_48oixCI](https://youtu.be/8ID_48oixCI)

Core strength with battements <https://youtu.be/jz-rN5Dft1w>

recital routine Sr. 1 Contemporary <https://youtu.be/yD69FmDMCyw>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

**Contemporary Challenge Instructions** <https://youtu.be/DmnVNBEpmqI>

Contemporary Challenge Phrase <https://youtu.be/FwBXqYY2dUY>

## ***Adv SR2 Contemp Modern***

Contemporary floor movement/stretch <https://youtu.be/G5ki4HqsZig>

Partner Stretch [https://youtu.be/8lD\\_48oixCI](https://youtu.be/8lD_48oixCI)

Core strength with battements <https://youtu.be/jz-rN5Dft1w>

recital routine Sr. 2 Contemporary <https://youtu.be/NeCLjSEcwo8>

<https://youtu.be/i1qyuV5mFlw>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

**Contemporary Challenge Instructions** <https://youtu.be/DmnVNBEpmql>

Contemporary Challenge Phrase <https://youtu.be/FwBXqYY2dUY>

## ***Adv SR1 Street Jazz***

Warmup: <https://youtu.be/KeQDkiOWzDU>

Fun: <https://youtu.be/xgQc71MIKQM>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## ***Adv SR2 Street Jazz***

Warmup: <https://youtu.be/KeQDkiOWzDU>

Fun: <https://youtu.be/xgQc71MIKQM>

Plank Fun: <https://youtu.be/GMi0z59LDp4>

## ***Company Class***

[Company Class Cardio Warm-up](#)

[Company Class Arms](#)

[Company Class Legs](#)

[Company Class Abs](#)

[Company Class Center Exercise](#)

[Company Class Leg Extension](#)