

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

Ballet warmup: https://youtu.be/_nZxY00tH_k

The 2nd video is a walk thru video of our ballet dance. <https://youtu.be/ILDKnQl1PRw>

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

Creative Movement/Pre Ballet

Dance Games

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

Listen & Move - 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/46Ps7hlqFuU>

https://youtu.be/R_K3Rt13nks

<https://youtu.be/MBRimnq8oDQ>

<https://youtu.be/jVGdql8ner8>

https://youtu.be/2mef_7AvvEM

<https://youtu.be/pGNQAvffTTA>

Pre-dance

Week of 3/16/2020

TAP (these can be done with or without tap shoes!!!!) (*end of March class links*)

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/ccmiFnyntE>

BALLET (*end of March class links*)

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

Ballet warmup: 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>

Week of 3/23/3020

Creative Movement/Pre Ballet

Tap 1/1a

Zoom Class 3/30 <https://youtu.be/PDzjz98A3Bc>

Zoom Class 4/6 <https://youtu.be/KW6IMiAOwuA>

Zoom Class 4/13 https://youtu.be/kWVcO_jXT5M & <https://youtu.be/46Ps7hIqFuU> &
https://youtu.be/R_K3Rt13nks & <https://youtu.be/MBRimnq8oDQ> & <https://youtu.be/jVGdql8ner8> &
https://youtu.be/2mef_7AvvEM & <https://youtu.be/pGNQAvffTTA>

Zoom Class 4/20 <https://youtu.be/oGtOQ8pINoA> & <https://youtu.be/SctjnSt1LBM>

Zoom Class 4/27 https://youtu.be/_hCL04NNFkY

Dance Games

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

Listen & Move - 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

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>

Jazz 1/2: <https://youtu.be/e1tobd-vXr0>

Ballet/Tap 1

Week of 3-16-2020

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

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

walk thru video of our recital dance <https://youtu.be/1wwXbAz4mnA>

recital ballet dance with music https://youtu.be/2hosQlh_QYw & <https://youtu.be/MEMr4Lbh26A>

TAP (these can be done with or without tap shoes!!!!) (*end of March class links*)

Tap warm-up <https://youtu.be/CbXj6bY3D8U>

fun tap dance walk thru step by step <https://youtu.be/7VQkOrx58Lc>

fun tap dance with music <https://youtu.be/6aI4QpamT-Q>

Week of 3-23-2020

Ballet warmup: https://youtu.be/_nZxY00tH_k

walk thru video of our recital dance <https://youtu.be/1wwXbAz4mnA>

recital ballet dance with music https://youtu.be/2hosQlh_QYw & <https://youtu.be/MEMr4Lbh26A>

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

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

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

Fun Tap Breakdown: <https://youtu.be/zY6UUNG0zHg>

Fun Tap with Music: <https://youtu.be/6gZvqQzqrAo>

[Ballet Level 1-2 Barre/Center](#)

[Creative Movement/Pre Ballet](#)

[Tap 1/1a](#)

Zoom Class week of 3/30 <https://youtu.be/sl4Ugu024fE>

Zoom Class week of 4/6 <https://youtu.be/oIFz-luZhcM>

Zoom Class week of 4/13 https://youtu.be/M7X_zE-3UG4

Zoom Class week of 4/20 <https://youtu.be/SctjnSt1LBM>

Zoom Class week of 4/27 https://youtu.be/_hCL04NNFkY

Dance Games

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

Listen & Move - 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

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>

Jazz 1/2: <https://youtu.be/e1tobd-vXr0>

Ballet/Tap 2

Week of 3-16-2020

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

Tap warm-up <https://youtu.be/CbXj6bY3D8U> & https://youtu.be/la_UIDocYDQ

recital Tap Routine step by step <https://youtu.be/RSjBzYjG4zA>

recital routine with music https://youtu.be/tKvjv_muwok

BALLET

stretch and warm-up video https://youtu.be/10d-CqT_dD4

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

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

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

Week of 3/23/2020

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

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

Ballet warmup: https://youtu.be/_nZxY00tH_k

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

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

[Ballet Levels 1-3 Barre/Center](#) & [Ballet Level 1-2 Barre/Center](#) & [Tap 2/3](#)

Zoom Class 4/2 <https://youtu.be/e5XirJZ8joE>

Zoom Class 4/4 <https://youtu.be/8cAn4Dxiid0>

Zoom Class 4/6 <https://youtu.be/kdRBTQOhMLs>

Zoom Class 4/13 <https://youtu.be/mY5f6xYeKtU>

Zoom Class 4/16 <https://youtu.be/8gSnoh05qtM>

Zoom Class 4/20 <https://youtu.be/Yzt0Nv9wpz8>

Zoom Class 4/24 https://youtu.be/_P0Q_5bqY80

Zoom Class 4/27 <https://youtu.be/b6KcmX4Nvol>

Zoom Class 4/30 <https://youtu.be/hXVXsaB1Rgw>

MINI company video https://youtu.be/enNdFt2_F24

Dance Games

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

Listen & Move - 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 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> Jazz 1/2: <https://youtu.be/e1tobd-vXr0>

LYRICAL - Warmup 1: <https://youtu.be/Loeul96oEdE> Warmup2: https://youtu.be/0_L84XrRcds

Recital walk thru <https://youtu.be/sL35cB7mr8l> Recital with music <https://youtu.be/IVF717pu04l>

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/KeQDkiLOWzDU>

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

Ballet/Tap 3

Week of 3/16/20

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

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

Fun Tap Routine step by step https://youtu.be/vW29_ITo8gM

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

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

Ballet recital routine https://youtu.be/_gBAbsx2FgY

Ballet recital routine with music <https://youtu.be/azLBYGXchMg> & <https://youtu.be/hEYTF3VGQRA>

Week of 3/23/20

[Ballet Levels 1-3 Barre/Center](#)

[Ballet 3-4 Barre/Center](#)

[Tap 2/3](#)

Zoom class week of 3/30 Ballet Barre exercises #1 <https://youtu.be/uZWIX8RwL5A>

#2 <https://youtu.be/1u7mRXd4H7c> #3 <https://youtu.be/Zc6P-MJqv0I>

#4 <https://youtu.be/tPzWKCfnpwo> #5 <https://youtu.be/nlgj95ivuwc> #6 <https://youtu.be/SwpCuFqhdcA>

#7 <https://youtu.be/1O0C5Nm-zxU> #8 <https://youtu.be/Q4iUpk6D3r8> #9 <https://youtu.be/15d-Hlhv0Qg>

#10 https://youtu.be/_275Df2gfaA #11 <https://youtu.be/XjNkK3lI3Po> & <https://youtu.be/azLBYGXchMg>

<https://youtu.be/hEYTF3VGQRA>

Tap warm-up <https://youtu.be/4MGtr54OX8w> & <https://youtu.be/6al4QpamT-Q>

Zoom class week of 4/6 <https://youtu.be/OXZXzsdWKBA>

Zoom Class 4/13 <https://youtu.be/TnkzttSCHQ>

Zoom Class 4/20 <https://youtu.be/afn52Jt4vmo>

Zoom Class 4/27 <https://youtu.be/6suVXiK0X8I>

MINI company video https://youtu.be/enNdFt2_F24

Dance Games

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

Listen & Move - 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

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>

Jazz 1/2

Week of 3/16/2020

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: <https://youtu.be/e1tobd-vXr0>

Week of 3/23/2020

Jazz 1/2 with Miss Alexa

Jazz 1/2 warmup 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: <https://youtu.be/e1tobd-vXr0>

Week of 3/30/20

Jazz 1/2 with Miss Allyssa

Part 1 Warmup: <https://youtu.be/llLUu7tj0>

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>

Jazz 1/2: <https://youtu.be/e1tobd-vXr0> & Jazz 1-3

Zoom Class 4/2 <https://youtu.be/7WYQ0HiGGLU>

Zoom Class 4/4 <https://youtu.be/MFec1tuWeVU>

Zoom Class 4/6 <https://youtu.be/M9cmw-XZKr8>

Zoom Class 4/9 <https://youtu.be/UnBbfZgQOpg>

Zoom Class 4/16 <https://youtu.be/UbPds80F2IE>

Zoom Class 4/21 <https://youtu.be/-JGHtf1b7MM>

Zoom Class 4/23 <https://youtu.be/54S4MPRFjes>

Zoom Class 4/27 <https://youtu.be/ykcsmm-iyb8>

Zom Class 4/30 <https://youtu.be/VWRKS6I9m2s>

Dance Games

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

Listen & Move - https://youtu.be/j24_xH5uvdA

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

The Freeze - <https://youtu.be/rNHA0kdIKAA4>

New styles to try for fun!!!

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

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

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/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/6aI4QpamT-Q>

Jazz 3

3/16/2020

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](#)

3/23/2020

Part 1 Warmup: <https://youtu.be/IIILUu7tj0>

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

NEW recital choreo Jazz 3: [Jazz 3 Additional Choreo](#)

3/30/2020

[Jazz 1-3](#)

recital choreo Jazz 3: [Jazz 3 Additional Choreo](#)

Zoom Class 4/6 <https://youtu.be/ijDTlwGRXSE>

4/13/2020

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

Jazz : <https://youtu.be/e1tobd-vXr0>

recital choreo: [Jazz 3 Additional Choreo](#)

Zoom Class 4/20 <https://youtu.be/6KemYh4P4kU>

Zoom Class 4/27 <https://youtu.be/Wre3xryG-Jk>

Dance Games

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

Listen & Move - https://youtu.be/j24_xH5uvdA

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

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

New styles to try for fun!!!

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

Warmup2: https://youtu.be/0_L84XrRcds

Recital walk thru <https://youtu.be/sL35cB7mr8l>

Recital with music <https://youtu.be/IVF7I7pu04l>

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

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

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

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

<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

3/17/2020

Warmup <https://youtu.be/rNg4pV9FnQU>

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

recital routine with music for practice <https://youtu.be/Y3Zo6Mm1MpU>

3/24/2020

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

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

recital routine with music for practice <https://youtu.be/Y3Zo6Mm1MpU>

3/31/2020 https://youtu.be/SAaHJ_KCS9k

Zoom Class 4/7 <https://youtu.be/F2JR8ZzR390>

4/14/2020 <https://youtu.be/F2JR8ZzR390>

Zoom Class 4/21 https://youtu.be/0e-GwGu_VKU

Zoom Class 4/28 https://youtu.be/6Rz_BM_ud3A

Dance Games

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

Listen & Move - 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>

Jazz 1/2: <https://youtu.be/e1tobd-vXr0>

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

Recital walk thru <https://youtu.be/sL35cB7mr8l>

Recital with music <https://youtu.be/IVF7I7pu04l>

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

The 3rd video is our Fun Tap routine with music <https://youtu.be/6aI4QpamT-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

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

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

<https://youtu.be/hEYTF3VGQRA>

Beg/Int Contemp/Lyrical

3/17/2020

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

Warmup2: https://youtu.be/0_L84XrRcds

Recital walk thru <https://youtu.be/sL35cB7mr8l>

Recital with music <https://youtu.be/IVF7I7pu04l>

3/24/2020

Warmup <https://www.facebook.com/105745727733938/videos/111620217146489/>

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

[Modern Warm Up Fortifications 1-3](#)

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

Fun Lyrical combo Kathryn - <https://youtu.be/lqI8ODPXVng>

Recital walk thru <https://youtu.be/sL35cB7mr8l>

Recital with music <https://youtu.be/IVF7I7pu04l>

Zoom Class 4/1 <https://youtu.be/OXZXzdzWKBA>

Zoom Class 4/8 <https://youtu.be/Uwj8jnB7OtA>

Zoom Class 4/16 <https://youtu.be/tyEkLxFyyjc>

Zoom Class 4/22 <https://youtu.be/zLeJLlfKBFi>

Zoom Class 4/29 <https://youtu.be/8LgVoZ8asNI>

Dance Games

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

Listen & Move - 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](#)

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>

Beg/Int Acro

3/17/2020

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

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

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

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

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

Recital dance: <https://youtu.be/o9VYjGIZuiA>

3/24/2020

<https://youtu.be/WYald4OTuBM>

<https://youtu.be/eFQ1jUf3Vv4>

<https://youtu.be/d80dTJQfoDI>

<https://youtu.be/zMzXH136YOW>

Recital dance: <https://youtu.be/o9VYjGIZuiA>

Zoom Class 3/31 <https://youtu.be/wMOt1xn0KKw>

Zoom Class 4/7 <https://youtu.be/Z1CcrZrmoTg>

Zoom Class 4/14 https://youtu.be/kor_qyfmQfM

Zoom Class 4/21 <https://youtu.be/nCVL65vkprc>

Zoom Class 4/28 <https://youtu.be/X01PO8nJbJ0>

Dance Games

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

Listen & Move - https://youtu.be/j24_xH5uvdA

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

The Freeze - <https://youtu.be/rNHA0kdIKAA4>

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](https://youtu.be/Jazz3recitalwomusic)

Recital w/ music [Jazz 3 Recital w/ music](https://youtu.be/Jazz3Recitalwmusic)

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

Warmup2: 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

The 3rd video is our Fun Tap routine with music <https://youtu.be/6aI4QpamT-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

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

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

<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

3/17/2020

Ballet Barre with Miss Angela

exercises #1 <https://youtu.be/uZWix8RwL5A>

#2 <https://youtu.be/1u7mRXd4H7c> #3 <https://youtu.be/Zc6P-MJqv0I>

#4 <https://youtu.be/tPzWKCfnpwo> #5 <https://youtu.be/nlgj95ivuwC> #6 <https://youtu.be/SwpCuFqhdcA>

#7 <https://youtu.be/1O0C5Nm-zxU> #8 <https://youtu.be/Q4iUpk6D3r8> #9 <https://youtu.be/15d-HIhv0Qg>

#10 https://youtu.be/_275Df2gfaA #11 <https://youtu.be/XjNKk3Il3Po> &

<https://youtu.be/azLBYGXchMg>

<https://youtu.be/hEYTF3VGQRA>

3/24/2020

Barre with Miss Beth -

https://m.facebook.com/story.php?story_fbid=1513175842196734&id=100005129975781?sfnsn=mo&d=n&vh=i

Recital Choreography 4:30 ballet

<https://youtu.be/4YD6bzNFups>

<https://youtu.be/YzjeTXLbS84>

https://youtu.be/uMOp_xrfKxo

<https://youtu.be/KH0ocwkfs5c>

[Ballet 4-6 Barre/Center](#)

[Ballet 4-6 Barre](#)

[Ballet 4-6 Center](#)

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

Zoom Class 3/31 <https://youtu.be/QWEz4TcVBFQ>

Zoom Class 4/7 <https://youtu.be/g6XSVDYHsZY>

Zoom Class 4/14 <https://youtu.be/zcRalk-XR0I>

Zoom Class 4/21 <https://youtu.be/3gDOmEf8E9A>

Zoom Class 4/28 <https://youtu.be/BHajwe9n6ig>

Int Tap

3-18-2020

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/7DoABigb_aU

New section with music: <https://youtu.be/Jp7Sf-HV3Mo>

https://youtu.be/1xNhg_P5i_M

3-25-2020

Tap Warm-Up Part 1: <https://youtu.be/tSNqTOI2R6l>

Tap Warm-Up Part 2: <https://youtu.be/poo5pBVTM5s>

[Tap 2/3](#)

NEW Tap Recital Combo: <https://youtu.be/V-gHpZrzW08>

Zoom Class 4/1 https://youtu.be/qdb_4-Ac5_8

Zoom Class 4/8 <https://youtu.be/bQllvsXFT3E>

Zoom Class 4/15 <https://youtu.be/vYK4XVldrJQ>

Zoom Class 4/22 <https://youtu.be/OGToRrJGpdw>

Zoom Class 4/29 <https://youtu.be/nuaaCpju7Js>

Int Lyrical

3/17/20

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

Warmup2: 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>

3/24/2020

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

Warmup2: https://youtu.be/0_L84XrRcds

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

NEW INT Lyrical Choreo: <https://youtu.be/mEdACqRE6UA>

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

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

Fun Lyrical combo Kathryn - <https://youtu.be/lql8ODPXVng>

[Modern Warm Up Fortifications 1-3](#)

Zoom Class 3/31 <https://youtu.be/pFci-V5PS2E>

Zoom Class 4/7 <https://youtu.be/YjKmwa9vIxE>

Zoom Class 4/14 <https://youtu.be/WGvE6LP7CE0>

Zoom Class 4/21 https://youtu.be/xA_9S4jFYq8

Zoom Class 4/28 <https://youtu.be/mODYXnXCgUw>

Int Jazz

3/18/2020

warm-up <https://youtu.be/c20jUez6Ebl>

Int Jazz Recital Routine <https://youtu.be/NkgGGRV80Z0>

3/25/2020

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

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

[Jazz 4-6](#)

NEW choreo Int jazz <https://youtu.be/Mx31cv0f538>

Zoom Class 4/1 <https://youtu.be/383rACWuxCc>

Zoom Class 4/8 <https://youtu.be/yMBollqU9-4>

Zoom Class 4/15 <https://youtu.be/QycgkSAkz2o>

Zoom Class 4/22 <https://youtu.be/j4RvPTUCCzs>

Zoom Class 4/29 <https://youtu.be/UIYG0qpYLfw>

Int Contemporary

3/19/2020

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

Partner Stretch https://youtu.be/8ID_48oixCI

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

recital routine <https://youtu.be/WfbR7oZFyZg>

https://youtu.be/PNBKrsF_Iz0

3/26/2020

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

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

[Modern Warm Up Fortifications 1-3](#)

NEW Int Contemporary recital choreo part 1 <https://youtu.be/UFfTMB9rfKM>

NEW Int Contemporary recital choreo part 2 <https://youtu.be/O3Gp87L9VYY>

Zoom Class 4/2 <https://youtu.be/AwH3h6A51k4>

Zoom Class 4/9 <https://youtu.be/4xyRsq1gEPE>

Zoom Class 4/16 <https://youtu.be/QczzDqHfoPw>

Zoom Cass 4/23 <https://youtu.be/ZKII-WezYtE>

Zoom Class 4/30 <https://youtu.be/0-JX70eBJml>

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

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

Int Hip Hop

3/16/2020

Int Hip Hop Videos:

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

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

Part 3: https://youtu.be/Jo_jf78li98

Part 4: https://youtu.be/i_gYiGalp-E

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

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

3/23/2020

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

Warmup <https://youtu.be/rNg4pV9FnQU>

New INT Hip Hop Choreo: https://www.youtube.com/watch?v=i_gYiGalp-E&feature=youtu.be

Zoom Class 3/30 <https://youtu.be/7F0o-6-Go-M>

Zoom Class 4/6 <https://youtu.be/7F0o-6-Go-M>

Zoom Class 4/14 https://youtu.be/ahYRS4_8QiY

Zoom Class 4/21 <https://youtu.be/PdeOG0JptWU>

Zoom Class 4/27 https://youtu.be/w6750j8zO_g

Int Acro

3/16/2020

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

Part 2: https://youtu.be/fOH_MbX78TE

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

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

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

3/23/2020

Strength Exercises part 1 [Cardio Warm-up](#)

Strength Exercises part 2 [Arms](#)

Strength Exercises part 3 [Legs](#)

Strength Exercises part 4 [Abs](#)

Strength Exercises part 5 [Leg Extension](#)

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

4/30/2020

Yoga <https://youtu.be/NUQqdPprFeY>

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

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

Zoom Class 4/6 <https://youtu.be/rvWkkax9RiE>

4/13/2020

YA stretch: <https://youtu.be/LaXLihG222I>

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

New choreo Int Acro: <https://youtu.be/dVu5d269wlg>

Zoom Class 4/20 https://youtu.be/7d_cgXy3bbU

Zoom Class 4/27 <https://youtu.be/eYTzmJ2rW18>

Int Street Jazz

3/18/2020

Warmup <https://youtu.be/rNg4pV9FnQU>

recital routine with music for practice <https://youtu.be/3OleLed3Be8>

3/25/2020

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

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

recital routine with music <https://youtu.be/3OleLed3Be8>

4/2/2020

https://youtu.be/SAaHJ_KCS9k

recital routine with music <https://youtu.be/3OleLed3Be8>

Zoom Class 4/9 <https://youtu.be/3oDmQH08qZY>

4/16/2020 <https://youtu.be/3oDmQH08qZY>

Zoom Class 4/23 <https://youtu.be/j-rjvvxIBEq>

Zoom Class 4/30 <https://youtu.be/3GU047MGo1Q>

Int/Adv Ballet

3/17/2020

Ballet Barre with Miss Angela

exercises #1 <https://youtu.be/uZWix8RwL5A>

#2 <https://youtu.be/1u7mRXd4H7c> #3 <https://youtu.be/Zc6P-MJqv0I>

#4 <https://youtu.be/tPzWKCfnpwo> #5 <https://youtu.be/nlgj95ivuwC> #6 <https://youtu.be/SwpCuFqhdcA>

#7 <https://youtu.be/1O0C5Nm-zxU> #8 <https://youtu.be/Q4iUpk6D3r8> #9 <https://youtu.be/15d-HIhv0Qg>

#10 https://youtu.be/_275Df2gfaA #11 <https://youtu.be/XjNKk3Il3Po> &

<https://youtu.be/azLBYGXchMg>

<https://youtu.be/hEYTF3VGQRA>

Recital Routine <https://youtu.be/0NBKKRS7ijY>

3/24/2020

Barre with Miss Beth -

https://m.facebook.com/story.php?story_fbid=1513175842196734&id=100005129975781?sfnsn=mo&d=n&vh=i

Extra [Ballet 5-6 Barre & Center](#)

Recital Routine <https://youtu.be/0NBKKRS7ijY>

Zoom Class 3/31 <https://youtu.be/n5z1SoFhY58>

Zoom Class 4/7 <https://youtu.be/GcYzPEpCLek>

Zoom Class 4/14 https://youtu.be/Fendhrs_Xcc

Zoom Class 4/21 <https://youtu.be/3WbMsXKNxEs>

Zoom Class 4/28 <https://youtu.be/tkJgilT2WB4>

Int/Adv Pointe

3/17/2020 Warmup - https://youtu.be/KnNq6el80_s

3/24/2020 <https://youtu.be/nEnoallyVKA>

Zoom Class 3/31 <https://youtu.be/n5z1SoFhY58>

Zoom Class 4/7 <https://youtu.be/Wx066fyJWVg>

Zoom Class 4/14 <https://youtu.be/JldjlE8Fe3Q>

Zoom Class 4/21 <https://youtu.be/o43r530Nfj4>

Zoom Class 4/28 <https://youtu.be/RyRWCf6bCts>

Int/Adv Tap

3/16/2020

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>

Tap recital routine

<https://youtu.be/J5eNeoyoHhI>

<https://youtu.be/KsSf3BrqjeM>

<https://youtu.be/I0OGrXrNYqU>

3/23/2020

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

https://youtu.be/1xNhg_P5i_M

<https://www.instagram.com/tv/B-GD6MopiJh/?igshid=1ihlb5758vott>

NEW choro part 1 <https://youtu.be/AfOKxNBHw6w>

NEW choro part 2 <https://youtu.be/dj02VldhMOE>

Zoom Class 3/30 <https://youtu.be/FbdaH4aQTS4>

Zoom Class 4/6 <https://youtu.be/sdICym8kHrw>

Zoom Class 4/13 <https://youtu.be/yCC0fPZFF5E>

Zoom Class 4/20 <https://youtu.be/GmTNgLyk6OI>

Zoom Class 4/27 https://youtu.be/R8HLcjk_a6s

FULL ROUTINE with Music <https://youtu.be/auz14dB9DH0>

Int/Adv Jazz

3/19/2020

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

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

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

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

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

Part3: <https://youtu.be/WLzCeaiFkT4>

3/26/2020

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

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

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

NEW choreo part 1 <https://youtu.be/7Abk1hZuUJE>

NEW choreo part 2 <https://youtu.be/ps6q55pR1T0>

Zoom Class 4/2 <https://youtu.be/DT6bP7esJm0>

Zoom Class 4/9 <https://youtu.be/vVBKtKe7gUY>

Zoom Class 4/16 <https://youtu.be/MB3bGiQQtM8>

Zoom Class 4/23 <https://youtu.be/ut6zTzhxJpQ>

Zoom Class 4/30 <https://youtu.be/LTE8iSOPEGI>

Int/Adv Lyrical

3/16/2020

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/ZkCf-FjACeA>
<https://youtu.be/nEnoallyVKA>

3/23/2020

Lyrical Int and Up: <https://youtu.be/s2rQTMzpYv8>
Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>
Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>
Fun Lyrical combo Kathryn - <https://youtu.be/lqI8ODPXVng>
NEW recital choreo part 1 <https://youtu.be/Oi8cGqZ8nYQ>
NEW recital choreo part 2 https://youtu.be/XhQ_WloArV4

3/30/2020

Warmup - <https://www.facebook.com/105745727733938/videos/111620217146489/>
Lyrical Teens and up: <https://youtu.be/RfSXeLVjMwk>
With Music: <https://youtu.be/8RZegngys0U>
recital routine <https://youtu.be/ZkCf-FjACeA>
<https://youtu.be/nEnoallyVKA>

Zoom Class 4/6 <https://youtu.be/sdlCym8kHrw> (2nd half of video)

Zoom Class 4/13 <https://youtu.be/PJEFIIYSPzs>

Zoom Class 4/20 <https://youtu.be/dJhxHIWKcMM> (different class but same combo)

Zoom Class 4/27 <https://youtu.be/-7MqTsQSMCI>

Int/Adv Hip Hop

3/17/2020

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

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

Hip hop Int/adv 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>

3/24/2020

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

Some fun extras

https://youtu.be/SAaHJ_KCS9k

<https://youtu.be/06bd3OODea0>

<https://youtu.be/zbs9e7Jxgtl>

New Choreo Breakdown: <https://youtu.be/646HhPj1g50>

New choreo with music: <https://youtu.be/Z4ZbnDW2YG8>

Zoom Class 3/31 <https://youtu.be/yuTMhUF8u2w>

Zoom Class 4/7 <https://youtu.be/7F0o-6-Go-M>

Zoom Class 4/14 https://youtu.be/ahYRS4_8QiY

Zoom Class 4/21 <https://youtu.be/PdeOG0JptWU>

Zoom Class 4/28 https://youtu.be/w6750j8zO_g

Int/Adv Contemp Modern

3/18/2020

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

Partner Stretch https://youtu.be/8ID_48oixCI

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

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

3/25/2020

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

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

[Modern Warm Up Fortifications 1-3](#)

NEW Int/ Adv contemp recital choreo party 1 https://youtu.be/j5dq_vw724Q

NEW Int/ Adv contemp recital choreo part 2 <https://youtu.be/pOXn2HJuD84>

Zoom Class 4/1 <https://youtu.be/dT0nnrcl62E>

Zoom Class 4/8 <https://youtu.be/Op5u15GAHE4>

Zoom Class 4/15 https://youtu.be/GN8DHb8E3_s

Zoom Class 4/22 <https://youtu.be/RXnMsB6U4vQ>

Zoom Class 4/29 <https://youtu.be/mZmNDjKIZ7E>

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

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

Int/Adv Street Jazz

3/19/2020

Warmup: <https://youtu.be/rNg4pV9FnQU>

Recital routine with music <https://youtu.be/X0uktmLVe7s>

3/26/2020

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

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

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

4/2/2020

https://youtu.be/SAaHJ_KCS9k

<https://youtu.be/06bd3OODea0>

<https://youtu.be/zbs9e7JxgtI>

Zoom Class 4/9 <https://youtu.be/XjVVxSYwWI4>

4/16/2020

YA stretch: <https://youtu.be/LaXLihG222I>

<https://youtu.be/XjVVxSYwWI4>

Zoom Class 4/23 - <https://youtu.be/1YuaNOI-jT0>

Zoom Clas 4/30 <https://youtu.be/chjOhtKYxak>

Int/Adv Contemporary

3/19/2020

Warmup <https://youtu.be/G5ki4HqsZig>

Recital Routine Int/adv contemp <https://youtu.be/PdJ0fhh4Wsw>

3/26/2020

Partner Stretch https://youtu.be/8ID_48oixCI

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

Recital Routine Int/adv contemp <https://youtu.be/PdJ0fhh4Wsw>

4/2/2020

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

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

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

Zoom Class 4/9 https://youtu.be/04rRMz3XD_c

4/16/2020

<https://youtu.be/NUQqdPprFeY>

https://youtu.be/04rRMz3XD_c

Zoom Class 4/23 - <https://youtu.be/3CbJljSk1tQ>

Zoom Class 4/30 <https://youtu.be/4KgBHruG-CM>

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

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

Int/Adv Acro

3/16/2020

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

Part2: https://youtu.be/fOH_MbX78TE

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

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

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

3/23/2020

Strength Exercises part 1 [Cardio Warm-up](#)

Strength Exercises part 2 [Arms](#)

Strength Exercises part 3 [Legs](#)

Strength Exercises part 4 [Abs](#)

Strength Exercises part 5 [Leg Extension](#)

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

Zoom Class 3/30 <https://youtu.be/KVflHwISiMo>

Zoom Class 4/7

YA stretch: <https://youtu.be/LaXLihG222I>

<https://youtu.be/NUQqdPprFeY>

<https://youtu.be/KVflHwISiMo>

NEW CHOREO Int/ adv acro ending: https://youtu.be/H-X_m6Rkwu8

Zoom Class 4/14 <https://youtu.be/uBpfdRd0TTg>

Zoom class 4/20 <https://youtu.be/v9b6gImGCM0>

Zoom Class 4/27 <https://youtu.be/Gj-A1NPFWPI>

Int/Adv Stretch & Tech

3/18/2020

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=HALezbWXQI0>

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

3/25/2020

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

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

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

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

Zoom Class 4/1 <https://youtu.be/L3ljyhnc5Q>

Zoom Class 4/8 https://youtu.be/FI39ep_iGYA

Zoom Class 4/15 <https://youtu.be/0NTXE7CI5gY>

Zoom Class 4/22 <https://youtu.be/EAz4193fpv0> & <https://youtu.be/BBch7UxYBDE>

Zoom Class 4/29 https://youtu.be/8n_9KEMYtYM

Company Class

3/21/20

[Company Class Cardio Warm-up](#)

[Company Class Arms](#)

[Company Class Legs](#)

[Company Class Abs](#)

[Company Class Center Exercise](#)

[Company Class Leg Extension](#)

3/28/2020

pilates/yoga <https://youtu.be/NUQqdPprFeY>

Yoga <https://youtu.be/6KQNzgADRYA>

Zoom Class 4/4 Company Class: [Company Class Exercises](#)

4/11/2020

YA stretch: <https://youtu.be/LaXLihG222I>

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

Zoom Class 4/18 <https://youtu.be/a0IQxndS3kc>

Zoom Class 4/25 <https://youtu.be/x8OTRgO420E>

Zoom Class 5/2 <https://youtu.be/5ExvWs8P81M>

Adv Teen Ballet

3/17/2020

Ballet Barre with Miss Angela

exercises #1 <https://youtu.be/uZWix8RwL5A>

#2 <https://youtu.be/1u7mRXd4H7c> #3 <https://youtu.be/Zc6P-MJqv0I>

#4 <https://youtu.be/tPzWKCfnpwo> #5 <https://youtu.be/nlgj95ivuwC> #6 <https://youtu.be/SwpCuFqhdcA>

#7 <https://youtu.be/1O0C5Nm-zxU> #8 <https://youtu.be/Q4iUpk6D3r8> #9 <https://youtu.be/15d-HIhv0Qg>

#10 https://youtu.be/_275Df2gfaA #11 <https://youtu.be/XjNKk3Il3Po> &

<https://youtu.be/azLBYGXchMg>

<https://youtu.be/hEYTF3VGQRA>

Recital routine <https://youtu.be/twQwjQ9LwCw>

3/24/2020

Barre with Miss Beth -

https://m.facebook.com/story.php?story_fbid=1513175842196734&id=100005129975781?sfnsn=mo

[&d=n&vh=i](https://m.facebook.com/story.php?story_fbid=1513175842196734&id=100005129975781?sfnsn=mo&d=n&vh=i)

Recital routine <https://youtu.be/twQwjQ9LwCw>

Zoom Class 3/31 <https://youtu.be/n5z1SoFhY58> (2nd half of video)

Zoom Class 4/7 <https://youtu.be/XYYJM8TsdVE>

Zoom Class 4/14 https://youtu.be/7t_G5c7HH-M

Zoom Class 4/21 <https://youtu.be/AIHrzGqUijM>

Zoom Class 4/28 https://youtu.be/mXwCPEQ_kew

Adv Teen Pointe

3/17/2020 Warmup - https://youtu.be/KnNq6el80_s

3/24/2020 <https://youtu.be/nEnoallyVKA>

Zoom Class 3/31 <https://youtu.be/n5z1SoFhY58> (last 30 mins of video)

Zoom Class 4/7 <https://youtu.be/XFKxqiZRJ-4>

Zoom Class 4/14 <https://youtu.be/Uli0EpYsZng>

Zoom Class 4/21 <https://youtu.be/QTAGVUAk5aU>

Zoom Class 4/28 <https://youtu.be/LyBm1QN2Vlw>

Adv Teen Tap

3/19/2020

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

Tap recital routine

<https://youtu.be/J5eNeoyoHhI>

<https://youtu.be/KsSf3BrqjeM>

<https://youtu.be/I0OGrXrNYqU>

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>

3/26/2020

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

https://youtu.be/1xNhg_P5i_M

<https://www.instagram.com/tv/B-GD6MopiJh/?igshid=1ihlb5758vott>

Tap recital routine

<https://youtu.be/J5eNeoyoHhI>

<https://youtu.be/KsSf3BrqjeM>

<https://youtu.be/I0OGrXrNYqU>

Zoom Class 4/2 <https://youtu.be/FbdaH4aQTS4>

Zoom Class 4/9 <https://youtu.be/eSOgzLrA6Jk>

Zoom Class 4/16 <https://youtu.be/vvKwAjS5QOw>

Zoom Class 4/23 <https://youtu.be/MPxZvl5SDY0> (facetime class)

Zoom Class 4/30 <https://youtu.be/geSkiTH2jeE>

FULL ROUTINE with Music <https://youtu.be/auz14dB9DH0>

Adv Teen Jazz

3/19/2020

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

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

recital routine https://youtu.be/rlibCi5y_Ik

3/26/2020

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

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

Part3: <https://youtu.be/WLzCeaiFkT4> Plank Fun: <https://youtu.be/GMi0z59LDp4>

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

NEW recital choreo part 1 <https://youtu.be/6PzdllgOKZw>

NEW recital choreo part 2 <https://youtu.be/SaYpzlK1pBQ>

Zoom Class 4/2 <https://youtu.be/Y6Unl-ZxRI4>

Zoom Class 4/9 <https://youtu.be/QQz1a9Mi88o>

Zoom Class 4/16 <https://youtu.be/1bYtd9KmlWI>

Zoom Class 4/23 <https://youtu.be/h21bhc394i4>

Zoom Class 4/30 <https://youtu.be/jv-opXsOy4Q>

Adv Teen Lyrical

3/18/2020

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/KFX3V-BFc7U> & <https://youtu.be/nEnoallyVKA>

3/25/2020

Warmup <https://www.facebook.com/105745727733938/videos/111620217146489/>
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>
Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>
Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>
Fun Lyrical combo Kathryn - <https://youtu.be/lqI8ODPXVng>
NEW recital choreo part 1 <https://youtu.be/4lg7N4VP8Go>
NEW recital choreo part 2 <https://youtu.be/7ddTvaOmJos>

Zoom Class 4/1 <https://youtu.be/OPt-DJZ03TU> (1st 40 mins)

Zoom Class 4/8 <https://youtu.be/a57p-FHcTtc>

Zoom Class 4/15 <https://youtu.be/dJhxHIWKcMM>

Zoom Class 4/22 https://youtu.be/gnAUIv8_cVM

Zoom Class 4/29 <https://youtu.be/oUcBK6YPVR8>
<https://youtu.be/mwG-clnWmrg>

Adv Teen Contemp Modern

3/18/2020

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

Partner Stretch https://youtu.be/8ID_48oixCI

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

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

3/25/2020

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

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

[Modern Warm Up Fortifications 1-3](#)

NEW Adv Teen Contemp recital choreo part 1 <https://youtu.be/lh2Ze94yoZE>

NEW Adv Teen Contemp recital choreo part 2 <https://youtu.be/keGLbfimMQA>

Zoom Class 4/1 <https://youtu.be/bPyWQ68Z51c>

Zoom Class 4/8 <https://youtu.be/D6U404IN5H0>

Zoom Class 4/15 <https://youtu.be/uQqD--JDzSc>

Zoom Class 4/22 <https://youtu.be/q5Mif3sdZqo>

Zoom Class 4/29 <https://youtu.be/-HsWIS3fQk8>

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

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

Adv Teen Stretch & Tech

3/18/2020

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=HALezbWXQI0>

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

3/25/2020

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

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

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

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

Zoom Class 4/1 <https://youtu.be/L3ljyhnc5Q>

Zoom Class 4/8 https://youtu.be/ne-CqB__N4Q

Zoom Class 4/15 <https://youtu.be/BmrvVTobo8c>

Zoom Class 4/22 <https://youtu.be/BBch7UxYBDE>

Zoom Class 4/29 https://youtu.be/fO0KsIXO_sw

Company Class

3/21/20

[Company Class Cardio Warm-up](#)

[Company Class Arms](#)

[Company Class Legs](#)

[Company Class Abs](#)

[Company Class Center Exercise](#)

[Company Class Leg Extension](#)

3/28/2020

pilates/yoga <https://youtu.be/NUQqdPprFeY>

Yoga <https://youtu.be/6KQNzgADRYA>

Zoom Class 4/4 Company Class: [Company Class Exercises](#)

4/11/2020

YA stretch: <https://youtu.be/LaXLihG222I>

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

Zoom Class 4/18 <https://youtu.be/a0IQxndS3kc>

Zoom Class 4/25 <https://youtu.be/x8OTRgO420E>

Zoom Class 5/2 <https://youtu.be/5ExvWs8P81M>

Adv Teen Street Jazz

3/17/2020

Warmup <https://youtu.be/rNg4pV9FnQU>

Recital routine with music <https://youtu.be/CkdoGB5FGO4>

3/24/2020

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

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

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

3/31/2020

https://youtu.be/SAaHJ_KCS9k

<https://youtu.be/06bd3OODea0>

<https://youtu.be/zbs9e7JxgtI>

Zoom Class 4/7 <https://youtu.be/3CrZVPRxEFg>

4/14/2020 <https://youtu.be/3CrZVPRxEFg>

Zoom Class 4/21 <https://youtu.be/ipmbCHUpTas>

Zoom Class 4/28 <https://youtu.be/u1h3A8bLRcM>

Adv Teen Contemporary

3/19/2020

Warmup <https://youtu.be/G5ki4HqsZig>

Recital Routine Adv teen contemp <https://youtu.be/u4Mh80LKc2c>

3/26/2020

Partner Stretch https://youtu.be/8ID_48oixCl

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

Recital Routine Adv teen contemp <https://youtu.be/u4Mh80LKc2c>

4/2/2020

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

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

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

Zoom Class 4/9 <https://youtu.be/qDgkQvSaawc>

4/16/2020

YA stretch: <https://youtu.be/LaXLihG222I>

<https://youtu.be/NUQqdPprFeY>

<https://youtu.be/qDgkQvSaawc>

Zoom Class 4/23 <https://youtu.be/G6U5h1RvHtc>

Zoom Class 4/30 <https://youtu.be/b9OOzxepJWc>

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

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

Adv Senior Ballet

3/19/2020

Ballet Barre with Miss Angela

exercises #1 <https://youtu.be/uZWix8RwL5A>

#2 <https://youtu.be/1u7mRXd4H7c> #3 <https://youtu.be/Zc6P-MJqv0I>

#4 <https://youtu.be/tPzWKCfpmwo> #5 <https://youtu.be/nlgj95ivuwC> #6 <https://youtu.be/SwpCuFqhdcA>

#7 <https://youtu.be/1O0C5Nm-zxU> #8 <https://youtu.be/Q4iUpk6D3r8> #9 <https://youtu.be/15d-Hlhv0Qg>

#10 https://youtu.be/_275Df2gfaA #11 <https://youtu.be/>

Recital Routine: <https://youtu.be/ZI-v6X9YJQw>

3/26/2020

Barre -

https://m.facebook.com/story.php?story_fbid=1513175842196734&id=100005129975781?sfnsn=mo&d=n&vh=i

NEW choreo part 1 <https://youtu.be/Lt8z0cyKVH8>

NEW choreo part 2 https://youtu.be/r9_vigqTHq4

Zoom Class 4/2 <https://youtu.be/vWiDxbzLt-k>

Zoom Class 4/9 https://youtu.be/KrKxP0CNh_A

Zoom Class 4/16 <https://youtu.be/2-3fUZPL-Mg>

Zoom Class 4/23 https://youtu.be/IOkGns2_NoI

Zoom Class 4/30 <https://youtu.be/N6lkgYZk59k>

Adv Senior Pointe

3/19/2020

Warmup - https://youtu.be/KnNq6el80_s

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

3/26/2020

<https://youtu.be/nEnoallyVKA>

NEW choreo part 1 https://youtu.be/w6Xv_RVMU7s

NEW choreo part 2 <https://youtu.be/AWKLxvK1FHA>

Zoom Class 4/2 <https://youtu.be/vWiDxbzLt-k>

Zoom Class 4/9 https://youtu.be/KrKxP0CNh_A

Zoom Class 4/16 <https://youtu.be/2-3fUZPL-Mg> (last 30 mins)

Zoom Class 4/23 https://youtu.be/IOkGns2_NoI (last 30 mins)

Zoom Class 4/30 <https://youtu.be/N6lkgYZk59k> (last 30 mins)

Adv Senior Tap

3/17/2020

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>

Tap recital routine: <https://youtu.be/OjpY5PPX8No>

3/24/2020

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

https://youtu.be/1xNhg_P5i_M

<https://www.instagram.com/tv/B-GD6MopiJh/?igshid=1ihlb5758vott>

NEW choreo #1 - <https://youtu.be/8RaVtrr1Vyl>

NEW choreo #2 <https://youtu.be/GU971nRxHmo>

NEW choreo #3 <https://youtu.be/N2HdQsNOt2c>

NEW choreo #4 <https://youtu.be/rrtbmfD4jTw>

Zoom Class 3/31 <https://youtu.be/q6cPQyWZX0s>

Zoom Class 4/7 https://youtu.be/aHLyVhi_yKw

Zoom Class 4/14 https://youtu.be/wehO9_pg1s4

Zoom Class 4/28 <https://youtu.be/erYkKbR6Ru0>

FULL ROUTINE with Music <https://youtu.be/wNVicAB37Zc>

Adv Senior Contemporary

3/16/2020

Warmup <https://youtu.be/G5ki4HqsZig>

Recital routine part 1 https://youtu.be/tL_oMYiqE-E

Recital routine part 2 <https://youtu.be/67p4bcXmacY>

3/23/2020

Partner Stretch https://youtu.be/8ID_48oixCI

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

Recital routine part 1 https://youtu.be/tL_oMYiqE-E

Recital routine part 2 <https://youtu.be/67p4bcXmacY>

3/31/2020

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

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

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

Zoom Class 4/7 <https://youtu.be/yqSPRJ7-Wxg>

4/14/2020

<https://youtu.be/NUQqdPprFeY>

<https://youtu.be/yqSPRJ7-Wxg>

Zoom Class 4/21 <https://youtu.be/Lk6PyxfU-VQ>

Zoom Class 4/28 <https://youtu.be/VLa7kB52ckA>

Contemporary Challenge Instructions <https://youtu.be/DmnVNBEmqI>

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

Adv SR1 & SR2 Stretch & Tech

3/18/2020

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=HALezbWXQI0>

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

3/25/2020

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

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

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

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY> Turn/balance combo

<https://youtu.be/CTUb9mW7qZ4>

Zoom Class SR1 4/1 <https://youtu.be/zlJwUhrGOMM>

Zoom Class SR 2 4/1 <https://youtu.be/1KMT6VqWitc>

Zoom Class SR1 4/8 https://youtu.be/kK_OxhcHmpg

Zoom Class SR2 4/8 <https://youtu.be/zv3prJJCqoA>

Zoom Class SR1 4/15 https://youtu.be/Ksi_3yMY1aU

Zoom Class SR2 4/15 https://youtu.be/Ksi_3yMY1aU

Zoom Class Sr1 4/22 <https://youtu.be/hKiSjSMJXT4>

Zoom Class Sr2 4/22 https://youtu.be/T-c_7P4_HFY

Zoom Class ASr1 4/29 <https://youtu.be/iaQfrKSYzQU>

Zoom Class Sr2 4/29 <https://youtu.be/9rXI-VRW7EE>

Company Class

3/21/20

[Company Class Cardio Warm-up](#)

[Company Class Arms](#)

[Company Class Legs](#)

[Company Class Abs](#)

[Company Class Center Exercise](#)

[Company Class Leg Extension](#)

3/28/2020

pilates/yoga <https://youtu.be/NUQqdPprFeY>

Yoga <https://youtu.be/6KQNzgADRYA>

Zoom Class 4/4 Company Class: [Company Class Exercises](#)

4/11/2020

YA stretch: <https://youtu.be/LaXLihG222I>

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

Zoom Class 4/18 <https://youtu.be/a0IQxndS3kc>

Zoom Class 4/25 <https://youtu.be/x8OTRgO420E>

Zoom Class 5/2 <https://youtu.be/5ExvWs8P81M>

Adv SR1 Jazz

3/17/2020

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

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

Warmup Part3: <https://youtu.be/WLzCeaiFkT4>

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

Choreography breakdown: <https://youtu.be/cuS1YYMN4io>

3/24/2020

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

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

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

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

New choreo Breakdown: <https://youtu.be/XqN5pUZ9w5E>

New choreo with music: <https://youtu.be/PZ9uoRnsXd4>

Zoom Class 3/31 <https://youtu.be/hpFZduVhUfo>

Zoom Class 4/7 https://youtu.be/k2QLCiX1_U4

Zoom Class 4/14 <https://youtu.be/4cMB8QIk0Uc>

Zoom Class 4/21 https://youtu.be/R65yxA_OkqM

Zoom Class 4/28 <https://youtu.be/MAojFhULFdA>

Adv SR2 Jazz

3/19/2020

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

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

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

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

recital routine https://youtu.be/DPoJ75-_Y_c

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

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

Part3: <https://youtu.be/WLzCeaiFkT4>

3/26/2020

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

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

Warmup Part3: <https://youtu.be/WLzCeaiFkT4>

NEW choreo part 1 <https://youtu.be/tlbl2D1JC9k>

NEW choreo part 2 <https://youtu.be/J-Qbt3ITXV0>

Zoom Class 4/2 <https://youtu.be/kgsT8A3Byvc>

Zoom Class 4/9 https://youtu.be/_rxfYEj6DnQ

Zoom Class 4/16 <https://youtu.be/eyFzsormwLc>

Zoom Class 4/23 https://youtu.be/WlpaZbKt_U4

Zoom Class 4/30 <https://youtu.be/OehLmD0Jpx4>

Adv SR1 Lyrical

3/18/2020

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/nEnoallyVKA>

3/25/2020

Warmup <https://www.facebook.com/105745727733938/videos/111620217146489/>
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>
Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>
Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>
Fun Lyrical combo Kathryn - <https://youtu.be/lqI8ODPXVng>
NEW recital choreo part 1 <https://youtu.be/ZGEEPiWAaeo>
NEW recital choreo part 2 <https://youtu.be/zjABiv0cTol>

Zoom Class 4/1 <https://youtu.be/OPt-DJZ03TU> (last 40 min class)

Zoom Class 4/8 <https://youtu.be/HDvafnkQqRQ>

Zoom Class 4/16 <https://youtu.be/ZqGBAgrK-2c>

Zoom Class 4/22 <https://youtu.be/brEfKQYwnPk>

Zoom Class 4/29 <https://youtu.be/F-IBcHqCCuc>

Adv SR2 Lyrical

3/18/2020

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>

3/25/2020

Warmup <https://www.facebook.com/105745727733938/videos/111620217146489/>
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>
Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>
Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>
Fun Lyrical combo Kathryn - <https://youtu.be/lqI8ODPXVng>
NEW recital choreo part 1 <https://youtu.be/IVIR4wUnOus>
NEW recital choreo part 2 <https://youtu.be/MTJNf0MJeB4>

Zoom Class 4/1 <https://youtu.be/OPt-DJZ03TU> (after the 1st 40 mins)

Zoom Class 4/8 <https://youtu.be/7oXKuXS4aoo>

Zoom Class 4/15 <https://youtu.be/iKk9R5PyhZc>

Zoom Class 4/22 <https://youtu.be/cSE2xKRzGP4>

Zoom Class 4/29 <https://youtu.be/iW0LAFDmA-w>

Adv SR1 Contemp Modern

3/18/2020

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

Partner Stretch https://youtu.be/8ID_48oixCI

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

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

3/25/2020

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

[Modern Warm Up Fortifications 1-3](#)

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

NEW Sr 1 Contemporary recital choreo part 1 <https://youtu.be/EhZClYsG9y8>

NEW Sr 1 Contemporary recital choreo part 2 <https://youtu.be/wDamaA4MR9g>

Zoom Class 4/1 <https://youtu.be/lZd8joS2RMM>

Zoom Class 4/8 <https://youtu.be/Ym-flreAeio>

Zoom Class 4/15 <https://youtu.be/N3SEk--a1ms>

Zoom Class 4/22 <https://youtu.be/LiX0ngYc2nM>

Zoom Class 4/29 <https://youtu.be/textli-N3uBg>

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

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

Adv SR2 Contemp Modern

3/18/2020

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

Partner Stretch https://youtu.be/8ID_48oixCI

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

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

<https://youtu.be/i1qyuV5mFlw>

3/25/2020

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

[Modern Warm Up Fortifications 1-3](#)

Yoga strap stretch <https://youtu.be/ZaKxDpsOEMY>

Turn/balance combo <https://youtu.be/CTUb9mW7qZ4>

NEW Sr 2 Contempmodern new choreo part 1 <https://youtu.be/DIEkL1A4AuQ>

NEW Sr 2 Contempmodern new choreo part 2 https://youtu.be/M_grk63tFig

Zoom Class 4/1 https://youtu.be/nKx5vRI_fSE

Zoom Class 4/8 <https://youtu.be/Ym-flreAeio>

Zoom Class 4/15 <https://youtu.be/9KrlIPiZ0WU>

Zoom Class 4/22 https://youtu.be/Yp_bzl1f7YI

Zoom Class 4/29 <https://youtu.be/QIQ6NniyNKE>

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

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

Adv SR1 Street Jazz

3/18/2020

Warmup <https://youtu.be/rNg4pV9FnQU>

Recital routine with music <https://youtu.be/1PWEQ9iU3LM>

3/25/2020

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

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

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

4/2/2020

https://youtu.be/SAaHJ_KCS9k

<https://youtu.be/06bd3OODea0>

<https://youtu.be/zbs9e7JxgtI>

Zoom Class 4/9 <https://youtu.be/ocSA1umgl-A>

4/16/2020

YA stretch: <https://youtu.be/LaXLihG222I>

(new choreo) <https://youtu.be/xAqd0RUp9WI>

Zoom Class 4/23 <https://youtu.be/0ftdGxUKEbU>

Zoom Class 4/30 <https://youtu.be/WOGpLGwCP40>

Adv SR2 Street Jazz

3/16/2020

Warmup <https://youtu.be/rNg4pV9FnQU>

3/23/2020

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

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

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

3/31/2020

https://youtu.be/SAaHJ_KCS9k

<https://youtu.be/06bd3OODea0>

<https://youtu.be/zbs9e7JxgtI>

Zoom Class 4/7 <https://youtu.be/E0IYFMY9Juc>

4/14/2020

YA stretch: <https://youtu.be/LaXLihG222I>

<https://youtu.be/E0IYFMY9Juc>

Zoom Class 4/21 <https://youtu.be/1uBbimBWKTK>

Zoom Class 4/28 <https://youtu.be/xxhYpzZrMRA>