

Jazz Warm Up

Ages: 10-12

Duration: 10 minutes

Learning Objective: By the end of the warm up, the dancers will have warm bodies in order to execute more complex, physically demanding exercises. Additionally, this warm up conditions the dancers' bodies with strength and stretch. Within the strength and stretches are complex movement coordination. Lastly, they learn basic jazz movements.

Moving Warm Up (x4):

- arm stretching rocks
- flat back, plié contract body roll arch

Moving Isolations (x2):

- side step touches with head
- side step touches head tilt
- forward and back with head up and down
- head, upper, torso rolls and roll up, shoulders and arms and body roll

Basic Cardio Jazz Steps (x3):

- pas de bourree into jazz square
- pas de bourree into jazz square with upper body
- step behind
- step front
- circle with head
- chasse

Stretches With Strength:

- head tilt, upper body with arm, open to second, plié, plié forced arched, roll up back to sixth