**Dance Practical Classes**

**Online Practical Class 1 – Jazz**

Warm up: <https://www.youtube.com/watch?v=Sk_7qYthu1U>

Jazz centre combination: <https://www.youtube.com/watch?v=KRTrWc1MsXg>

**Online Practical Class 2 – Contemporary**

Warm up: <https://www.youtube.com/watch?v=0L-Tp59i9dI>

Contemporary routine: <https://www.youtube.com/watch?v=LPj-Rd0c6Uo>

**Online Practical Class 3 – Ballet**

Ballet barre for beginners (use a chair as your barre): <https://www.youtube.com/watch?v=e_veY_EdHys>

**Online Practical Class 4 – Yoga**

Lulu Lemon yoga for beginners: <https://www.youtube.com/watch?v=u50ihxXWjP0>

**Online Practical Class 5 – Contemporary**

Contemporary class with exercise breakdown: <https://www.youtube.com/watch?v=ty8SUFiar5M&list=PLXSToRkLrp7KX9Ejs-uAf68NrX9IUFT0A&index=10>

**Online Practical Class 6 – Jazz**

Warm up and stretches: <https://www.youtube.com/watch?v=Sk_7qYthu1U>

**Online Practical Class 7 – Jazz**

Warm up and stretches: https://www.youtube.com/watch?v=Sk\_7qYthu1UBasic Jazz steps: <https://www.youtube.com/watch?v=5Lc-XZaLZWE>

**Online Practical Class 8 – Hip Hop**

Hip Hop Fit workout: <https://www.youtube.com/watch?v=ZWk19OVon2k>

**Online Practical Class 9 – Latin**

Cardio Latin Dance Workout: <https://www.youtube.com/watch?v=8DZktowZo_k>

**Online Practical Class 10 – Contemporary**

Contemporary class with exercise breakdown: <https://www.youtube.com/watch?v=ty8SUFiar5M>

**Online Practical Class 11 – Yoga**

Lulu Lemon yoga for beginners: <https://www.youtube.com/watch?v=u50ihxXWjP0>.

**Online Practical Class 12 – Ballet**

Ballet barre for beginners (use a chair as your barre): <https://www.youtube.com/watch?v=e_veY_EdHys>

**Online Practical Class 13 – Jazz**

Warm up: <https://www.youtube.com/watch?v=Sk_7qYthu1U>

Jazz centre combination: <https://www.youtube.com/watch?v=KRTrWc1MsXg>

**Online Practical Class 14 – Contemporary**

Warm up: <https://www.youtube.com/watch?v=0L-Tp59i9dI>

Contemporary routine: <https://www.youtube.com/watch?v=LPj-Rd0c6Uo>