

Tilt (pitch)	Arabesque	Coupe turn	Releve	Jete
Burpees	Tik tok day (own dance)	Plie	Ballet bun day	Splits
Ballet positions	Pirouette	DANCE!	Flap for our tappers	Tendues
Grapevine	Sit ups	Jazz Square	Push ups	Dancing with stuffed animals
Dance With Mom or dad	Lyrical dance (tell a story)	Battement	Bridge	Shuffle

Firebird	Ballet positions	Flap for our tappers	Tik tok day (own dance)	Ballet bun day
Tilt (pitch)	Tendues	Pirouette	Releve	Lyrical dance (tell a story)
Grapevine	Jete	DANCE!	Burpees	Coupe turn
Plie	Toe touch/Russian	Shuffle	Sit ups	Battement
Bridge	Push ups	Arabesque	Jazz Square	V ups

Toe touch/Russian	Cartwheel	Ballet positions	Shuffle	Burpees
Pirouette	Chainne turns	V ups	Ballet bun day	Tilt (pitch)
Jazz Square	Bridge	DANCE!	Releve	Flap for our tappers
Coupe turn	Firebird	Arabesque	Dance With Mom or dad	Lyrical dance (tell a story)
Push ups	Tik tok day (own dance)	Sit ups	Grapevine	Splits