

Teach Your Family A Dance	16 Releves In Every Position	Learn A Dance From SYTYCD On Youtube	Stretch For 30 Minutes	Practice Your Dance
Do The Partner Stretch With Someone At Your House	Take a Picture Of Your Best leap	Practice Your Pirouette Prep	Choreograph A Dance With A Funny Prop Like A Roll Of Toilet Paper	Run All Of Your Dances
Take An Arabesque Or Penche Picture Outside	Write A Paragraph About A Dancer	Complete at least 1 each week	Do 30 Minutes Of Stretching For Your Extensions	Practice Your Dance
Practice Your Dance	Take A Free Online Dance Class	Practice Your Dance	Practice Turns For 30 Minutes	Practice Your Dance
Practice 5 Jumps Outside	Do Ab Exercises For 30 Minutes	Practice Your Port De Bras In Front Of A Mirror	Write Out Your Dance	Improv To Your Favorite Song

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