

# Hip Hop II

## September

Music: "Panda"

*Warm Up:* Using ballet fundamentals

Dance Education: Musicality transitions

Discovery: individual unique creativity/ choreography

### **Injury prevention 101**

*Water break*

Fun Activity Time: Let loose!

Performance: Groups and duets "being your best number 1."

Please note: "Number 1" is working BOTH the dancers healthy midline of the physical dance body and their feelings. A smile is the biggest stretch of the day!

Class Goals: December performance