

# DANCE PRACTICE TEMPLATE

DATE: \_\_\_\_\_ DURATION: \_\_\_\_\_ DANCE(S): \_\_\_\_\_

**WARM UP**       10 MINUTES       15 MINUTES       30 MINUTES

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**FOCUS 1**      **WHAT?**       NO MUSIC       NORMAL SPEED MUSIC  
 SLOW MUSIC      TIME \_\_\_\_\_ (MINS)

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**STRETCH**       10 MINUTES       15 MINUTES       30 MINUTES

DATE: \_\_\_\_\_ DURATION: \_\_\_\_\_ DANCE(S): \_\_\_\_\_

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