

# Alpine Dance Academy

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Read a DANCE related book  
Write the title here:

Teach your favorite dance step to someone

Teach a dance class to students (dolls, toys, pets, siblings)

Practice your ballet arms (or hiphop poses) in front of a mirror

Draw a picture of your favorite part of dance class

Play Freeze Dance

Practice your recital tap (and or jazz) dance 3 times

Do 20 plies (knee bends) and 10 jumping jacks

Strike 3 dance poses with a family member

Watch a dance movie  
Write the movie name here:

Write a letter to a dancer who inspires you

Tell someone 4 reasons you like to dance

★  
*Free*

Practice your Recital ballet (and or hiphop) dance 3 times

Do 20 ballet sautés (jumps)

# Stretch

Find a song and make up a dance to it

Wear a recital bun all day!

Count your Twinkle Tokens or the stickers in your Stickerbook

Skip for 3 minutes with pointed toes

Dance with a prop

Count how many bobby pins you own

Chasse (or skip) around your yard or your house (Be careful!)

Design a dance costume

Lead a family ballet or jazz or hiphop warm up