



Dance Class Practice Guide

Follow the guide below to “attend” your dance class, just like it’s the real thing!

- Dress for Success
 - Dress Code if possible (with hair up)
 - Dance bag nearby (with Tap shoes if safe)
 - Water
- Clear a Safe Place to Move and Groove!
- “Arrive” to Class
 - Visit alpinedance.com
 - Click on Dancers Corner
 - Click on your category, then your class day and time, enter password
 - “Attend” class at your regular day and time, or choose a different time to fit your current schedule
- Pick Your Dance Style (genre)
 - Tap Class
 - Ballet
 - Hip Hop
 - Etc.
- Say “Hi” to your teachers. 😊 They miss you!
- Start with a Warm Up Combination
 - Repeat if it’s tricky, or to “perfect” it!
 - Add extra stretching if needed
- Review Recital Choreography
- Learn New Sections if Applicable
 - Use that rewind button!
 - Your teacher would repeat new sections 5 to 10 times in class to perfect it!
- Time to Perform Your Recital Dance
 - Repetition is key. Repeat 3 times or more!
- More Dance Instruction Videos
 - Be sure to watch, and follow all of the videos for the style you’re working on!
- Get a Drink of Water and Change Shoes!
- Stretch if Needed
- Repeat Steps Above with Next Dance Style!
- Join Us for Zoom Dance Check-Ins!
 - Check your dance class page(s) for Zoom details.

MORE TIPS...

- Getting ready for dance class helps us be our best!
- Watch each video from start to finish.
- Repetition is a great way to become BETTER! 😊
- “Muscle Memory” – Our bodies remember moves when we repeat them over and over.
- Please use all of the resources we have provided. Regardless of tuition status, we want your dancer to be dancing with us!
- Your dancer may need an audience to perform for. Ask them to show off!

We will have a “Dance Debut” on Zoom the week of April 27th through May 2nd.

Classes will “meet” at their regular day and time so dancers can show off their progress. We can’t wait! 😊