



Create-a-Class: Choreography Workout 1

Create combinations that feature ONE base move and different base move variations including: arms, hand positions, travel & direction, impact options, body positions, tempo and combining base moves.

EXAMPLE Base Move: Jumping Jacks

- | | | |
|----|---------------|--|
| #1 | Arm variation | Jacks x 4 with elbow flexion & extension (16) |
| #2 | Impact Option | Jacks x 2 Level II (8) & Jacks x 2 Level III (8) |
| #3 | Travel | Jacks x 2 travel R (8) Jacks x 2 travel L (8) |
| #4 | Combined | Jack & Hop x 2 (16) |

Base Move:

1. Tempo
2. Arm Variations
3. Directional
4. Combined

Base Move:

1. Travel
2. Tempo
3. Impact Option
4. Hand Position

Base Move:

1. Tempo
2. Directional
3. Travel
4. Body Position

Base Move:

1. Impact option
2. Arm variation
3. Travel
4. Tempo

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Now create unique combinations that feature DIFFERENT base moves and base move variations including: arms, hand positions, travel & direction, impact options, body positions, tempo and combining base moves. See example below:

Combination Example

- | | |
|----------------------|---|
| 1. Kicks with travel | Kicks F x 2 sets (8) Kicks B x 2 sets (8) |
| 2. Jacks with impact | Jacks grounded x 2 sets (16) |
| 3. Skis with tempo | Skis at ½ tempo x 2 sets (16) |
| 4. Jogs with arms | Jogs with sweeping arms x 4 sets (16) |

Combination #1 – select a variation below

1. Kicks with tempo
2. Jacks combined move
3. Skis with impact option
4. Jogs with travel

Combination #2 – select a base move & variation below

1. Travel
2. Tempo
3. Impact Option
4. Arm Variation

Combination #3 – select a variation below

1. High heel jogs
2. Kicks
3. Jacks
4. Moguls

Combination: Create your own!

- 1.
- 2.
- 3.
- 4.