

Notes for IDTA seminar- Freestyle for all

Baby (under 8)

Counts	Steps	Arms
1-2	Tuck jump	Hands on knees
3-4	Hop jump (L leg behind)	Right hand to left foot, left arm straight up.
5,6,7,8	Plié with hip roll	Arms roll round head
1,2,3,4	Plie with body action	Alternate arms firsts to chest.
5,6,7,8	Dance run	Alternate arms
1-2	Star jump	Arms wide
3-4	Crouch position	Hands on the floor
5,6,7,8	Standing Butterfly with kicks back.	Arms stretched out in front.
1,2,3,4	Step kick	Arms wide position
5,6,7,8	Step back right left	Arms dig right to left.
1,2,3,4	Open turn	Arms open and close
5,6,7,8	Pose	Open to creativity

Beginner (8-12/ New dancer)

Counts	Steps	Arms
1-2	Stag jump (R leg in front)	Arms wide
3-4	Hop jump (L leg behind)	Right hand to left foot, left arm straight up.
5,6,7,8	Plié with hip roll and pop	Arms roll round head and flick to right.
1,2,3,4	Plie with body action	Alternate arms firsts to chest.
And 5,6	Ball change left right	Arms swing wide
7,8	Dance run	Alternate arms
1-2	Preparatory jump	Arms swing naturally
3-4	Straddle jump	Arms wide
5,6,7,8	½ Butterfly jump	Arms swing round across face left to right and finish stretched out in front.
1,2,3,4	Hitch kick	Arms wide position
5,6	Step back right left	Arms dig right to left.
And 7,8	Pirouette	Jazz prepare into arms closed to chest.
1,2,3,4	Chenee Turn	Arms in closed chest position
5,6,7,8	Pose	Open to creativity

Advanced

Counts	Steps	Arms
1-2	Split jump (R leg in front)	Alternate arms to legs
3-4	Hop jump (L leg behind)	Right hand to left foot, left arm straight up.
5 and 6	Plié with hip roll and pop	Arms roll round head and flick to right.
7 and 8	Plié with body action	Left hand on chest and right hand flexed to the side.
And 1,2	Ball change left right	Arms swing wide
3-4	Dance run	Alternate arms
5-6	Flying box jump	Arms wide
7 and 8	Butterfly jump	Arms swing round across face left to right and finish stretched out in front.
1-2	Hitch kick hold / alt kick hold with turn.	Arms wide position
3-4	Step back right left	Arms dig right to left.
And 5-6	Pirouette	Jazz prepare into arms high
7 and 8	Chenee Turn	Arms in closed chest position
1,2,3,4	Pose	Open to creativity