



Get in the Groove! - Feet and Leg Movement



Resources

[Seven Tips that Will Take Your Footwork to the Next Level](#)

Exploration

The five feet and leg movements introduced are: Step touch, jazz square, grapevine, criss cross, and slide. Pick two feet and leg movements and explain or draw how you perform each one.

Movement #1:

Movement #2:

What is your favorite feet and leg movement so far? What do you like about it?

Do you know of any other movements not mentioned here? Or, can you create your own movement?
