



# Get in the Groove! - Warm Up



Drawing can be a fun way to learn! It can help you further understand the various warm up exercises you are learning. Draw or sketch one of the following warm up exercises:

1. Roll down and touch your toes
2. Stretching your arms
3. Roll our shoulders out
4. Flail Arms
5. Roll your neck shoulder to shoulder; up and down; side to side
6. Quad Stretch
7. Front Leg Stretch



# 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:

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Movement #2:

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

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

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# Get in the Groove! - Arms



## Key Terms

Fill in the blanks with the types of arm movements that best matches the description: **Shoulder Rolls, Shimmy, Rainbow, Raise the Roof**

1. \_\_\_\_\_ involves raising your arms up and over your head.
2. You can \_\_\_\_\_ by using flat hands and moving your arms up and down next to your shoulders.
3. The arm movement that involves forming the letter “w” with your arms is called the \_\_\_\_\_ .
4. The arm movements that go up, back, and around are called \_\_\_\_\_ .



# Get in the Groove! - Heads and Angles



## Key Terms

### Side to Front, Funky Chicken, Half Roll

After learning the basic head movements, create your own original head movement. Describe and/or draw it here below.

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# Get in the Groove! - Choreography



## Key Terms

**Choreography** - The composition and arrangement of dances

Choose any combination of the movements that you've learned so far and write them down on each line to design your own choreography. Feel free to create your own moves as well and give them names!

**Example:**

Jazz Square  
1

Funky Chicken - Front  
3

Step Touch - Shimmy (front)  
5

Step Touch  
7

Rainbow  
2

Grapevine Diagonal  
4

Criss Cross  
6

Slide w/ Funky Chicken  
8

**Your Choreography:**

1

3

5

7

2

4

6

8