

WEEK 4

Hello to all my lovely students! Just a couple things for this upcoming SHORT week :) YAY to another short week.

Please read all! [All of the information is very important!](#)

If you can't follow all the steps, no worries. There might be no time or room. Just try to follow some.

- Rules

No flip flops of chewing gums while dancing. No dancing on soft thick mats. For safety reasons. Chewing gum - you could choke. Flip flops or soft mats - you could twist your ankle or knee. Keep yourself healthy!

- Schedule.

During regular school, we used to meet twice per week (once for PreK-Bridge). It is the same way for our E-learning.

You will not see my classes every day. Our first class is usually on Monday-Tuesday. 2nd class is on Thursday. Also on Thursday, you will receive the HOMEWORK PDF, it shows you what needs to be submitted.

On the day of my lesson open and save PDF documents attached. You do not need to complete my lesson on that day, or all in one day, but you will have access to the document for when you are ready to go on with my class.

- During the lessons / During your practice.

*** During regular school we would meet for 1 hour and practice all class long, try to do the same. YOU DO NOT NEED YOUR PARENTS TO BE PRESENT! Do it in your own free time. Just ask them to help you with Youtube if needed.

If we don't practice, unfortunately, we lose progress. And at this point, we still have our show. You have to be ready!

*** WATCH my videos over and over again just like a movie. Count the music, count the beats, get it in your head.

You know how I always tell you the way I learn my choreography, I need to watch it first, I need to watch it over and over again until my brain learns it. And once I know it I can now dance physically.

***Once your mind processed the "dance movie" then WALK with your tablet around your room. And follow my legs like crazy. You don't need to lift your knees very high or get too low just try to do it right. Stop the video, try the steps on your own, start the video, try to follow me. If something doesn't feel right, then start over. Get it into your muscle memory.

***When you are dancing, think of it as an exercise. Think like "Oh, my muscles are getting stronger", "Oh, my brain is getting smarter", "Oh, wait, I can focus now so much better", "The

picked ME for the track and field, I am gonna be a winner".. Do not say "I feel so weird dancing", say all the other things above.

- **Homework**

***On Thursday save the HOMEWORK PDF file.

(PreK-Bridge classes you get your homework PDF on Tuesday, day of your lesson)

Submit your work by the end of the week and **only that needed**. You do not need to work extra.

***Please e-mail me, Whatsapp, text, Facebook messenger to let me know if homework can't be submitted. **Communicate with me** so I do not mark your work as NOT TURNED IN and you get U/O.

***I am watching all of your videos, and I see the difference. Every week each one of you should feel more confident in your steps with fewer and fewer mistakes.

If I gave you corrections after last week's homework, here, guys, you need to step up and not to make the same mistakes this week. Remember we are a team, we need to look like one!

And you already know the steps to most of the songs, you don't really need to look at me anymore for your homework assignment. The only excuse is for PreK class and Bride. For my little babies. They look at me even during the actual show.

Everyone else, you know your choreography. Right guys?!

***Another very important thing, **I need to see you sing**. All of you do dance, but very few sing. Remember my class is not only for dancing, but we also sing and also act. **You perform with your body, voice, and heart. This is your "Performing Arts"!**

- **Recording your videos**

When recording your dance videos, let me see your **full body**. It helps me see if you put your feet correctly, so I can correct you to prevent injuries and protect your young healthy joints. It also helps me see if you follow all my steps, to see your danceR skills.

Siblings go ahead and dance together for the video. More fun and actually help.

- **Look at your own videos**

Don't only send them to me. Look at yourself! It will make you a better performer.

If you are scared first, that is fine. No one likes themselves in the video anyhow. But you will get used to seeing yourself and that is gonna be a humongous step to beat any fear in our head.

- **You know what happens when you are dancing.**

You become more active, much stronger, hear the beat of the music much better.

Music makes people smile, music makes people dream, imagine cool stories in their heads.

Music makes you dance, music makes you happy. Turn on the music and the entire world now looks more colorful, anywhere you look, you can see rainbows and pink clouds. Just keep dancing! Never stop!

