



# Lindsay Rose

Highland Dance Company

Highland Dancer Practice Log – Primary Try to practice 3 x a week for 15 min

Movement/Dance	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 pas de bas. Rf first, then left foot. Extend , jump together in 3 <sup>rd</sup> , backbeat							
6 pas de bas. 4 highcuts 4 x							
Shedding – out back front back							
Toe- heels – 2 hops							
1 <sup>st</sup> step fling – 3 sheds, 1 turn							
2 <sup>nd</sup> step fling – 1 shed, 4 toe heels, 1 turn							
3 <sup>rd</sup> step fling - Crossover							
4 <sup>th</sup> step fling – 3 sheds, 1 turn							
4 hops each foot with heel up and to front							
Highland reels – hop step 2, 3							

Remember!

- \*Heels stay up – don't squish the bug.
- \*When legs go out in the air the knee should be straight with pointy toes
- \* Always remember the piece of pizza/cake with toes – make a V with your feet.
- \*Diamonds when you land in knees.
- \*Turnout knees to the side
- \*Heels forward in 3<sup>rd</sup> position

Please check out the YouTube Channel for Primary videos

[https://www.youtube.com/watch?v=Ib7elbt\\_9QQ](https://www.youtube.com/watch?v=Ib7elbt_9QQ)