



Lindsay Rose

Highland Dance Company

Highland Dancer Practice Log - Intermediate Try to practice 3 x a week for 40 min

Movement/Dance	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Balance - 8 rises on ball of RF, then LF							
8 Heel presses- Stand on balls of feet in 1 st , 2 nd , 3 rd , 4 th							
Tucks and splits drill							
Pas de bas HOLD 4 ct drills							
4 step Fling -							
Sword							
3 &1 Sean Truibhas							
Strathspey & Reel							
Lilt							
Flora							
Extended 2 beat highcuts							
Half point practice 8 back beats each foot x 4							
Barracks							
Laddie							
Hornpipe							
Jig							
Sharpness drills							
Split stretches							
Calf rises and stretch on stairs 15 rises each foot 30 rises both feet							
Cool down							