



Lindsay Rose

Highland Dance Company

Highland Dancer Practice Log – Premier Try to practice 3x a week for 1 hr

Movement/Dance	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Balance – 8 rises on ball of RF, then LF							
8 Heel presses- in 1 st , 2 nd , 3 rd , 4 th							
Tucks and splits drill							
Pas de bas HOLD 4 ct drills							
6 step Fling -							
Champ. Sword							
4 &2 Seann Trews							
Strath & Reel							
Lilt							
Flora							
Barracks							
Laddie							
Jig							
Hornpipe							
Blue Bonnets							
Scotch Measure							
Earl of Errol							
Lilt							
Half point practice 8 back beats each foot x 4							
Extended highcut drills							
Sharpness drills							
Split stretches							
Calf rises and stretch on stairs 15 rises each foot 30 rises both feet							
Cool down							