



Lindsay Rose

Highland Dance Company

Highland Dancer Practice Log - Beginner /Novice

Try to practice 3 x a week for 25 minutes

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							
Double beat highcuts							
Half point practice 8 back beats each foot x 4							
Leg extensions with band 16 each leg							
8 Hops in 3 rd aer.							
Point stretches							
4 step Fling -							
Sword -							
Seann Truibhas							
Strathspey dance							
Reel dance							
Lilt							
Flora							
Hullachan							
Split stretches							
Calf rises and stretch on stairs 15 rises each foot 30 rises both feet							

