CREATIVE MOVEMENT CLASS CURRICULUM

NAMES										
POINT TOES										
FLEX TOES										
PLIE										
STEP TOUCH R&L										
SLIDE TOUCH R&L										
KICK-CROSS TOUCH R&L										
JAZZ SQUARE R&L										
GRAPEVINE R&L										
3 POINT TURN R&L										
BODY ROLLS										
BOUNCES R&L										
PIVOT TURNS R&L										
JUMPS W/ FIST PUMPS										
PADDLE TURNS R&L										
ARM WAVES										
SHOULDER ISOLATIONS										
SEAT SPINS										
HIP SHAKES										