



PRACTICE LOG

Write down the time you spend practicing on the calendar and give it to your dance teacher at the end of the month.

Month _____

Practicing Tips... break down the steps and work on the tricky parts without the music.
 When you eventually practice to the music be sure to listen and dance in time!
 Dance in front of a mirror, practice in your dance shoes!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Eyes up!</i>					<i>Feet crossed!</i>
				<i>Timing!</i>		
<i>Toes Out!</i>		<i>Stretch!</i>				
			<i>Off your heels!</i>			
	<i>Shoulders back!</i>				<i>Arch your feet!</i>	

Dancer's Name _____

Total Time I Practiced This Month _____

Music for practicing can be download through itunes. (Check out website under HQA news for musicians, speeds, etc.)