



## 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>	

Name \_\_\_\_\_

Total Time I Practiced This Month \_\_\_\_\_

Download the Feis App. This will give you all the music you will need to get your dancer off to a good start dancing to the proper music and it's free for beginners.