

Lyrical

PRACTICE CARD

Fill this sheet out at the end of the week to see how many items you were able to complete!

FOR LYRICAL, I...

Thought about the "story" of the dance while dancing to it

Researched the lyrics to a song

Stretched for 10-15 minutes

Practiced spotting in the mirror

THIS WEEK, I...

Took a Private Lesson at the studio

Asked a question in class

Heard a song I've danced to on the radio

Practiced a combination from class

Felt proud of myself

Remembered something from last practice

