



Turning Pointe Dance Studio Studio

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Primary in Dance Syllabus

- Warm up
- •Legs and Feet
- •Arms and Head
- •Bend and Run
- •Bend and Point
- •Transfer of Weight
- •Marches
- •Jumps
- •Springs
- •Hops, Jumps, and Springs
- •Gallops and Skips
- •Run and Leap
- •Bouncing Ball Dance
- •Dressing-Up Dance
- •Cool-down and Révérence