

The IDC logo is a dark green, irregular blob shape with the letters 'IDC' in white, sans-serif font.

IDC



November Homework

COMPLETE AND
RETURN TO THE
FRONT DESK FOR A
PRIZE! HAPPY
PRACTICING!

Jazz I and Jazz III

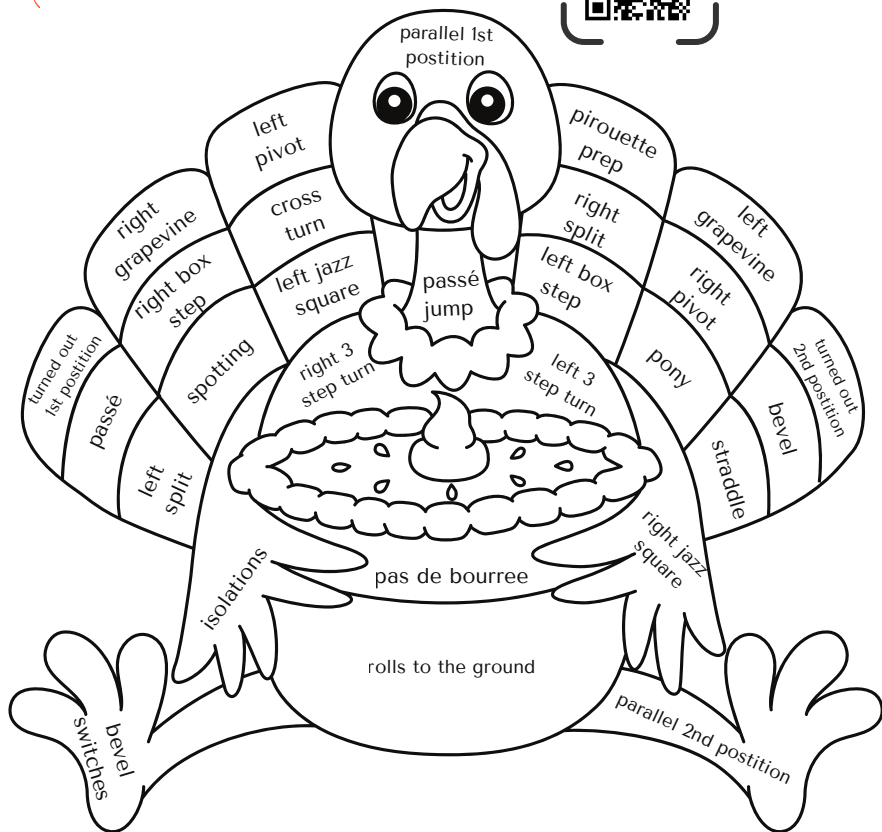
Name _____

Practice your skills and color them in! Follow the guide below for coloring!! Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



Scan me
for an instructional video!



Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



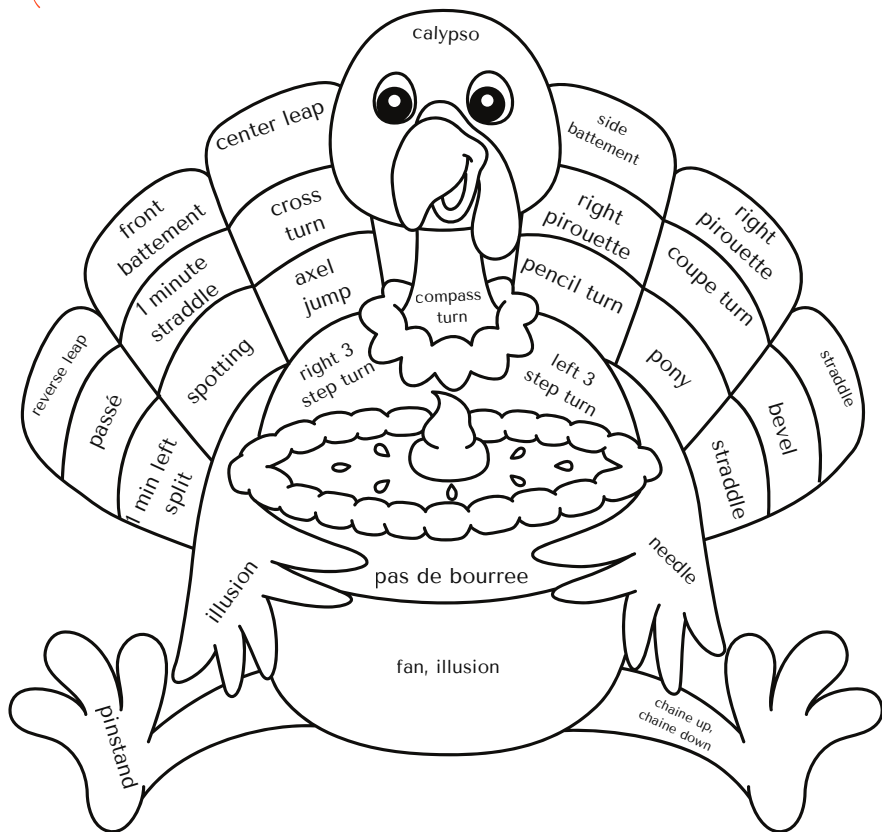
I've got it!



I almost have it!



I need help with this one!



Jazzy III

Name _____

Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



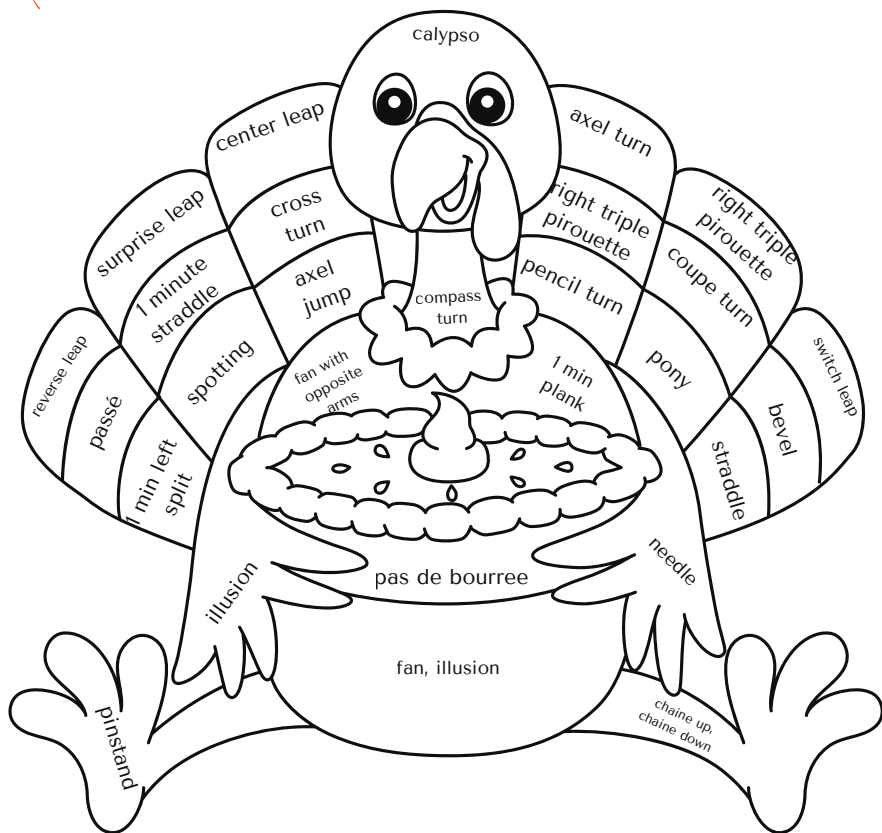
I've got it!



I almost have it!



I need help with this one!



Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



I've got it!



I almost have it!



I need help with this one!



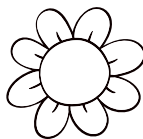
Grand
battement



Pivot turns



Step drag



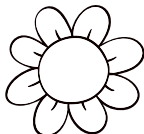
Pas de
bourree



Spotting



Positions of
the feet



Chaine turn



Brush leaps



chainé



Splits



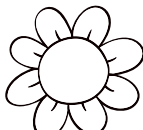
chaisé
center



alternating
chaisé



reach



monkey
tuck



pas de chat



lunge to
passe



reach



piqué



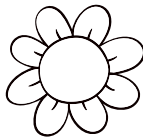
straddle



relevé



glissade



battement



pike



illusion

Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



I've got it!



I almost have it!



I need help with this one!



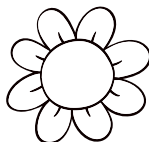
1st position
arms



2nd position
arms



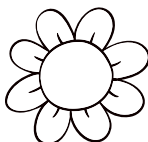
3rd position
arms



4th position
arms



5th position
arms



1st position
feet



2nd position
feet



3rd position
feet



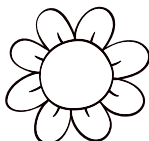
4th position
feet



5th position
feet



plié



tendu



ballet walks



passé
balance



relevé



pas de chat



pas de
bourré



bourré



elevé



ballet runs

Ballet I and Ballet II

Name _____

Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



I've got it!

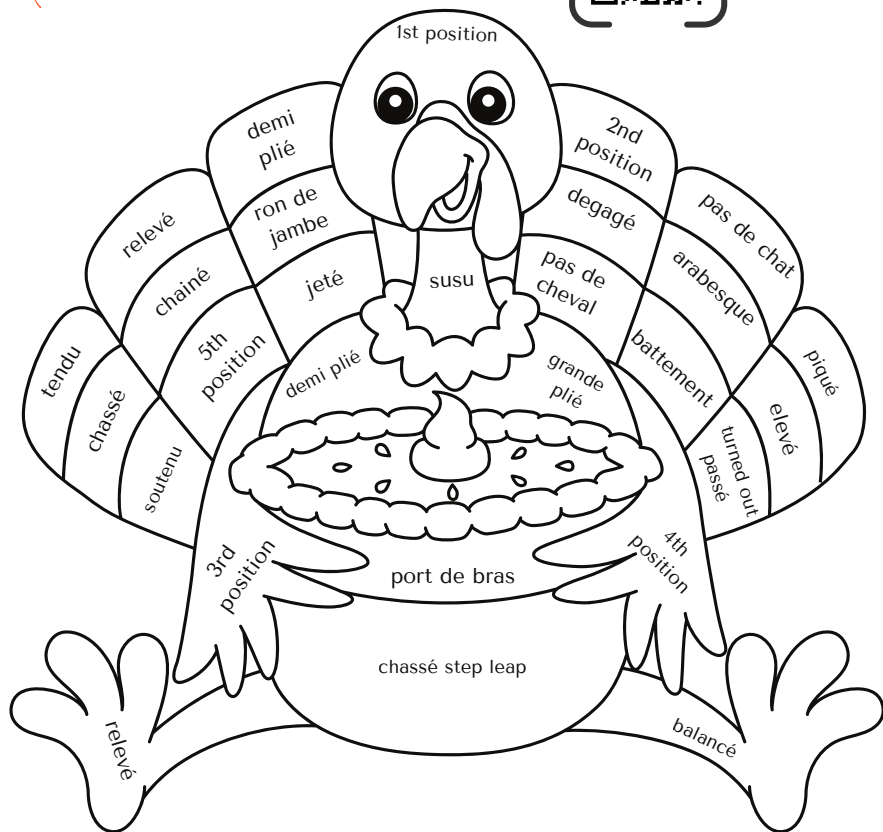


I almost have it!



I need help with this one!

Scan me
for an instructional video!



Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



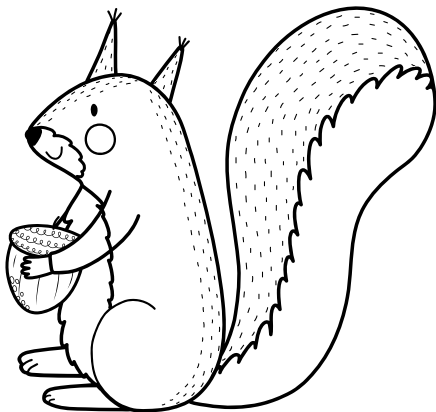
I've got it!



I almost have it!



I need help with this one!



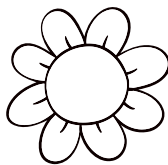
Rond de jambe
en lair



Waltz
turn



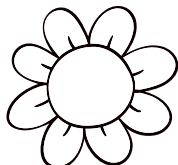
Pas de cheval



Frappe
with beats



Single pirouette
en dedans
from 4th



Double
pirouettes
from 4th



Chaine
turns



Barre
stretch



Pas de
chat



Chaisé step
grand jete

Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



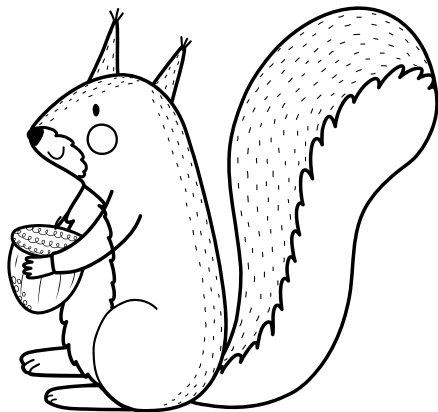
I've got it!



I almost have it!



I need help with this one!



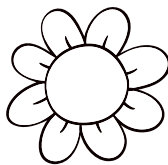
Circular port
de bras on releve



Sissonne



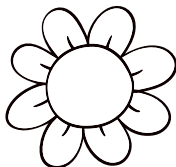
Echappe sauté



Triple
pirouettes
from 4th



Double pique
turns



Double en
dedans
pirouettes
from 4th



Changement



Entrechat
quatre



Tour jete



Italian pas
de chat

Lyrical II

Name _____

Practice your skills and color them in! Follow the guide below for coloring!! Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



I've got it!

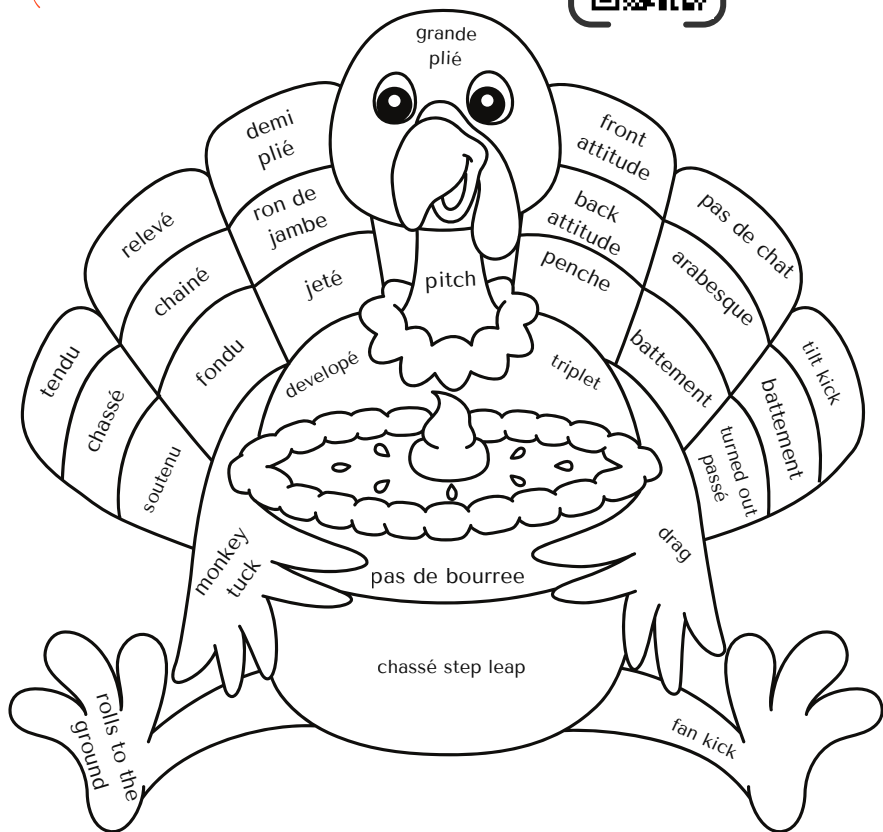


I almost have it!



I need help with this one!

Scan me
for an instructional video!



Combo Ballet

Name _____

Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



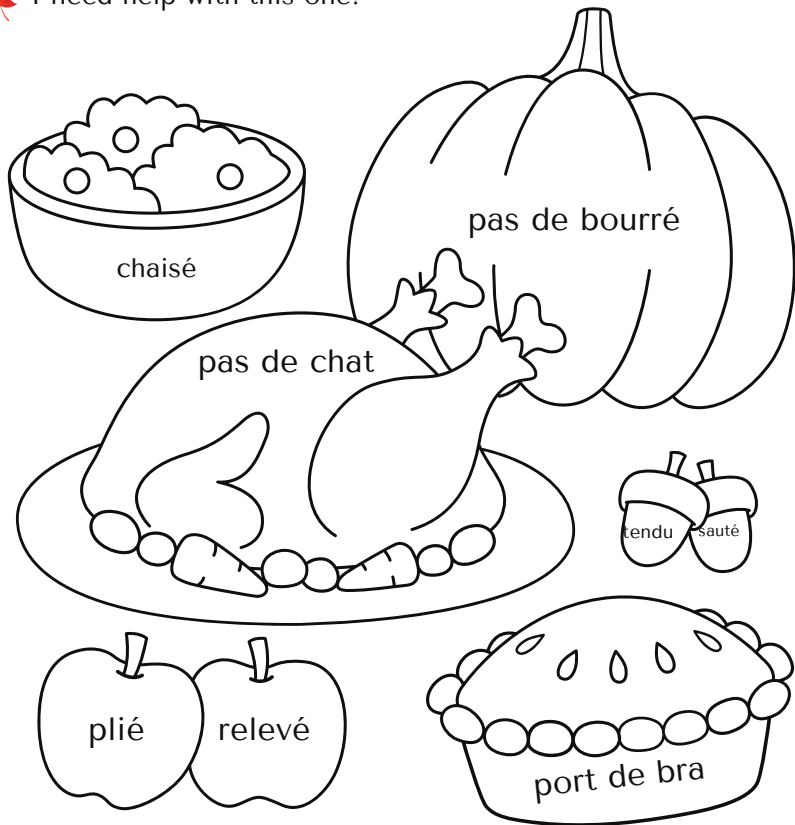
I've got it!



I almost have it!



I need help with this one!



Combo Jazzy

Name _____

Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



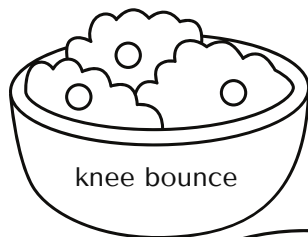
I've got it!



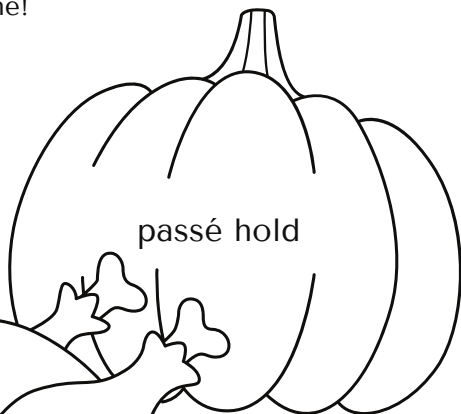
I almost have it!



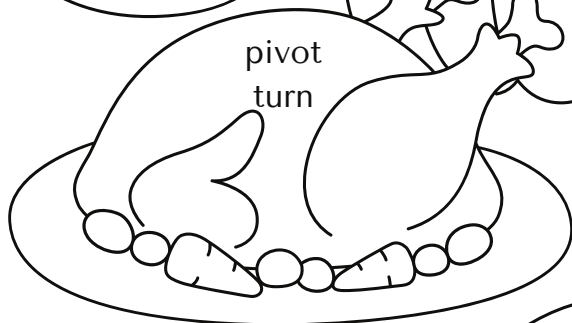
I need help with this one!



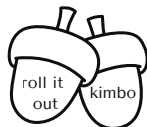
knee bounce



passé hold

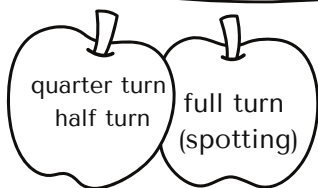


pivot
turn



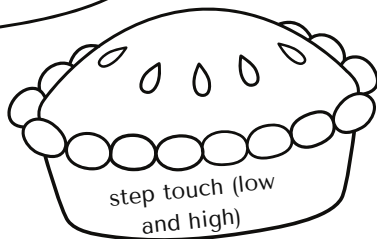
roll it
out

kimbo



quarter turn
half turn

full turn
(spotting)



step touch (low
and high)

Combo Tap

Name _____

Practice your skills and color them in! Follow the guide below for coloring!!

Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



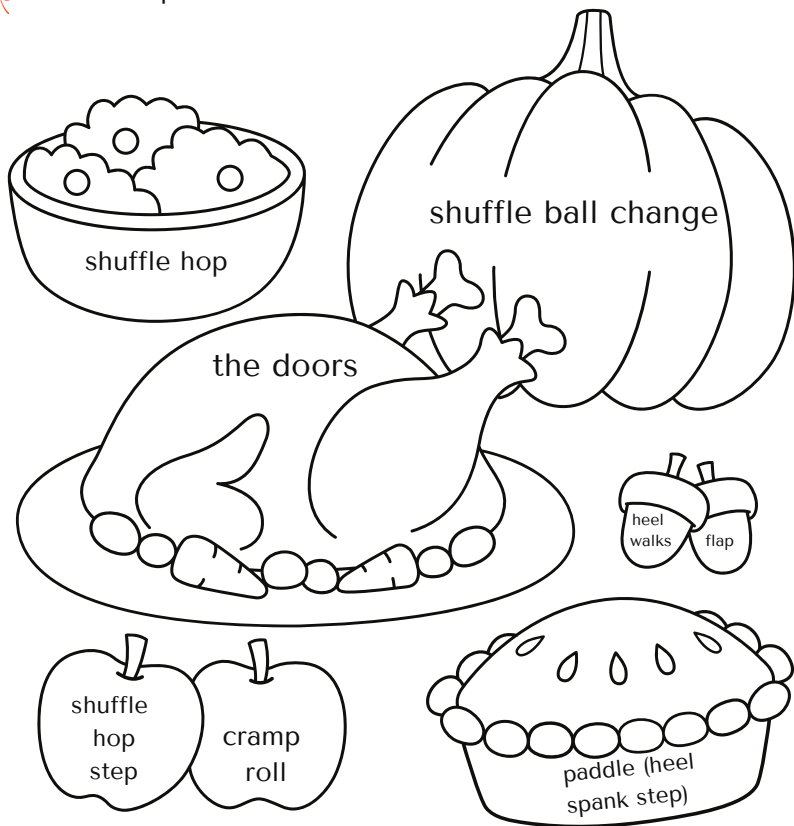
I've got it!



I almost have it!



I need help with this one!



Combo Tap Challenge!

Name _____

Practice your skills and color them in! Follow the guide below for coloring!! Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



I've got it!

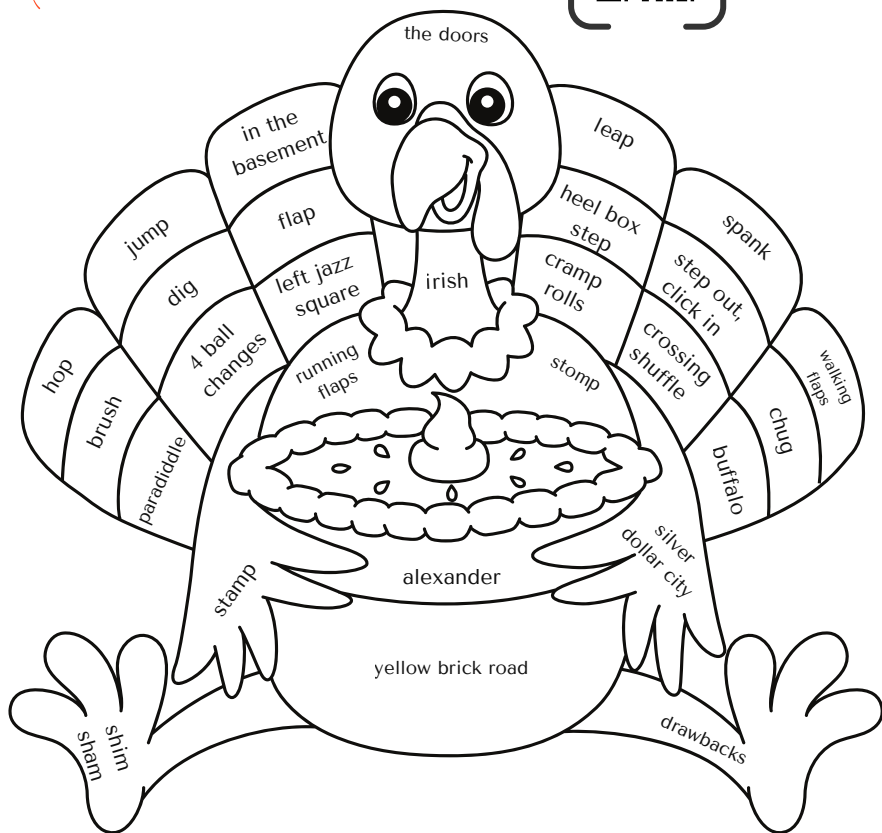


I almost have it!



I need help with this one!

Scan me
for an instructional video!



Hip Hop Jr. Homework

Name _____

Practice your skills and color them in! Follow the guide below for coloring!! Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



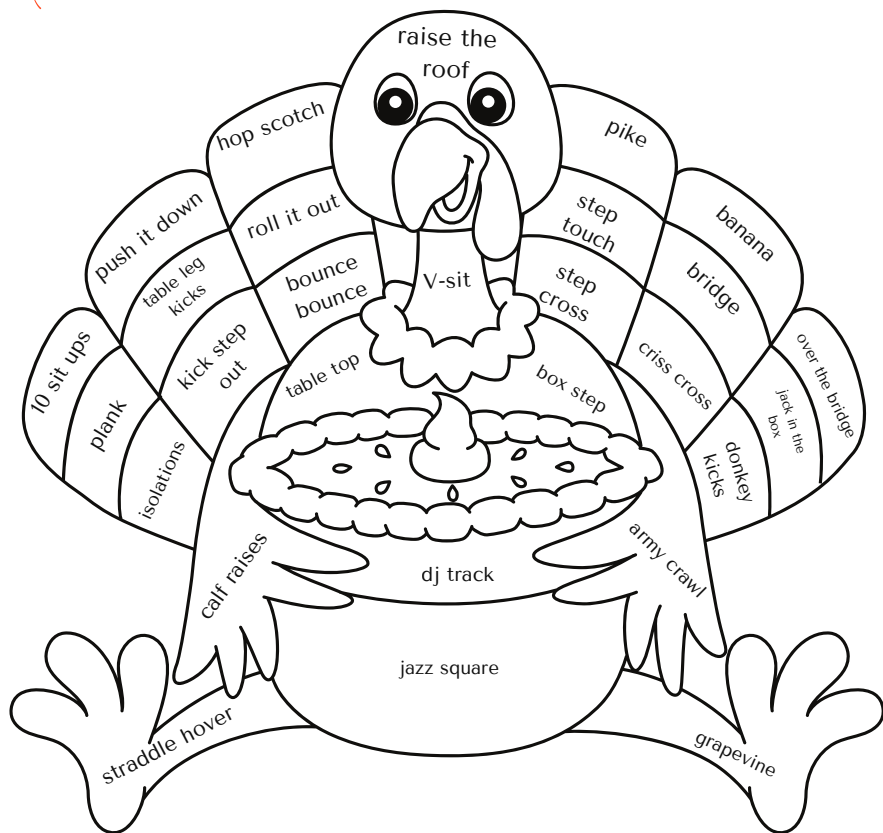
I've got it!



I almost have it!



I need help with this one!



Acro Jr

Name _____

Practice your skills and color them in! Follow the guide below for coloring!! Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!

Scan me
for an instructional video!



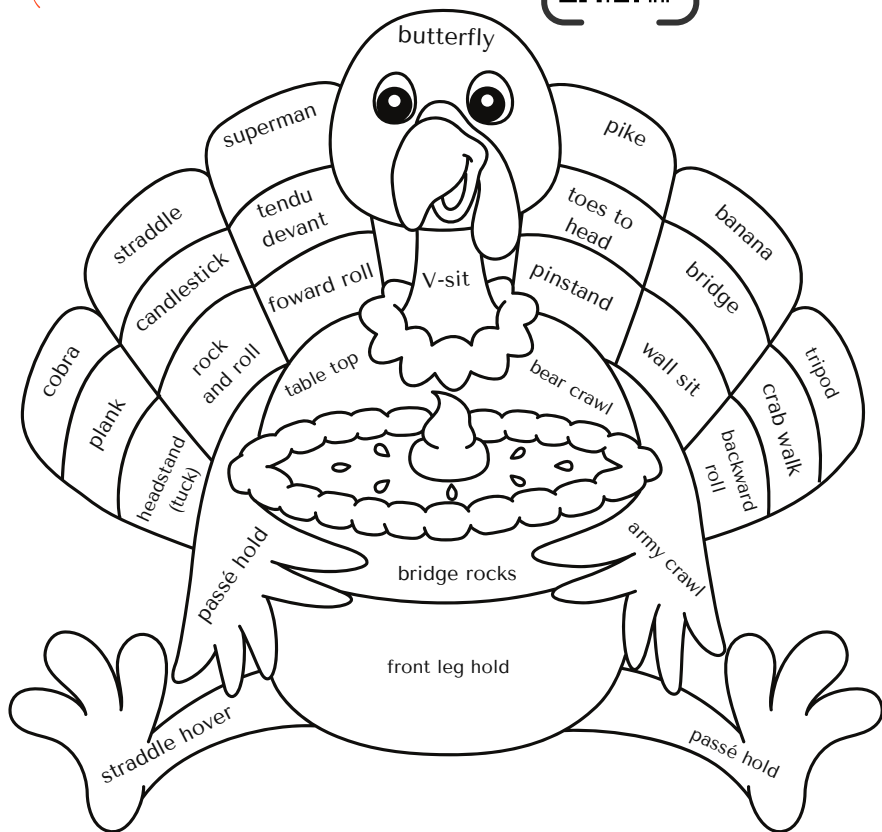
I've got it!



I almost have it!



I need help with this one!



Acro 1 and Acro 1/1

Name _____

Practice your skills and color them in! Follow the guide below for coloring!! Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!

Scan me
for an instructional video!



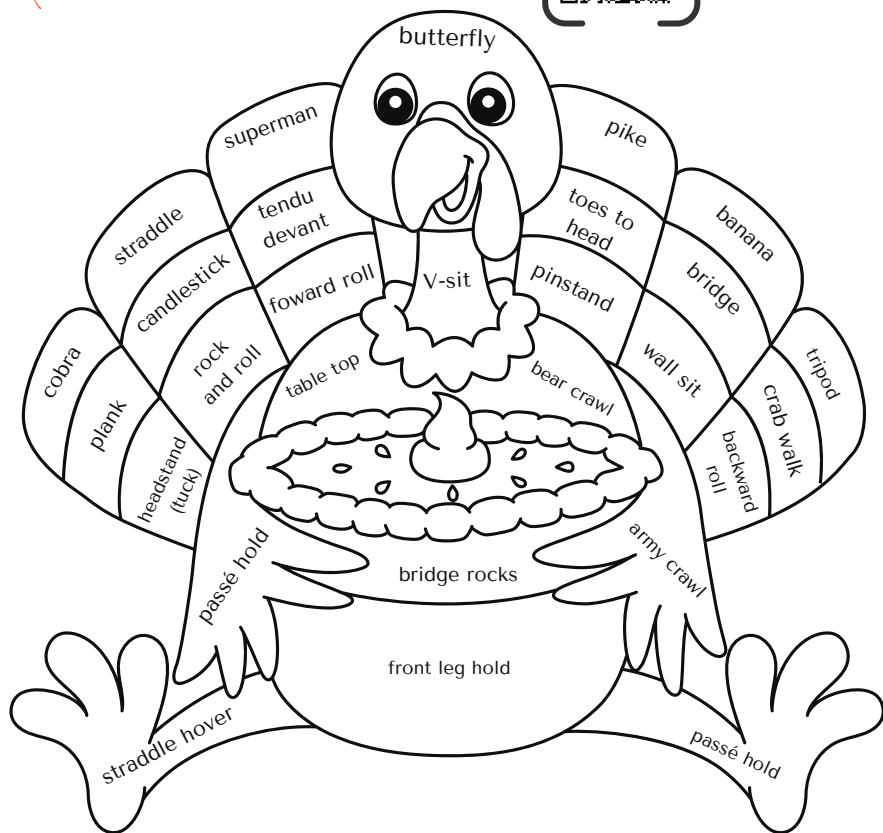
I've got it!



I almost have it!



I need help with this one!



Acro II

Name _____

Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



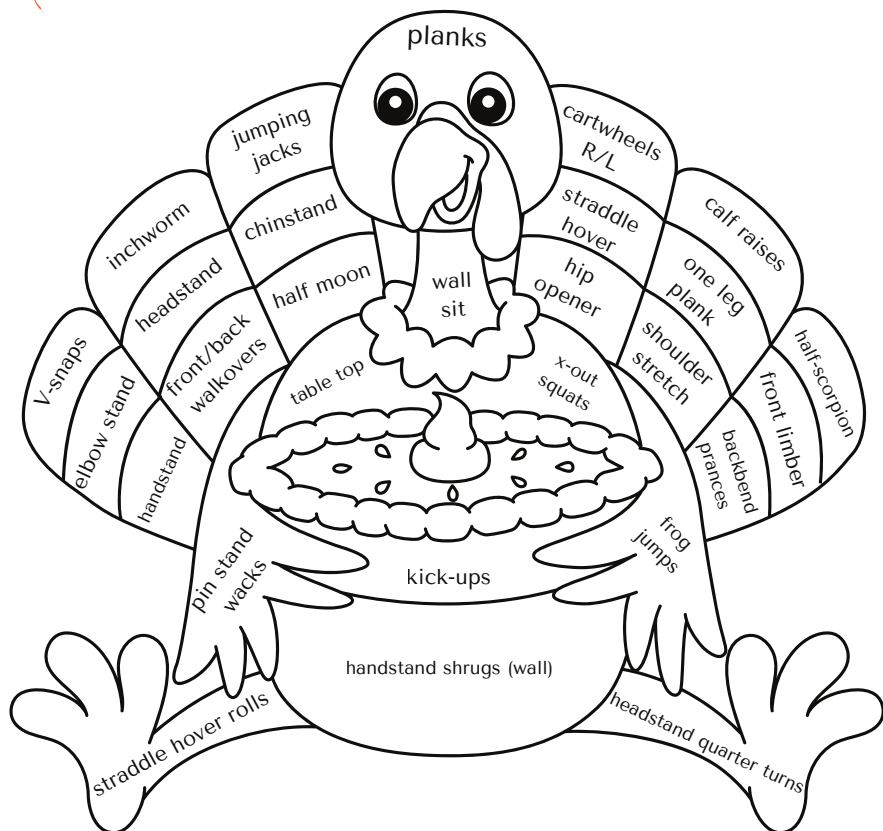
I've got it!



I almost have it!



I need help with this one!



Practice your skills and color them in! Follow the guide below for coloring!! Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



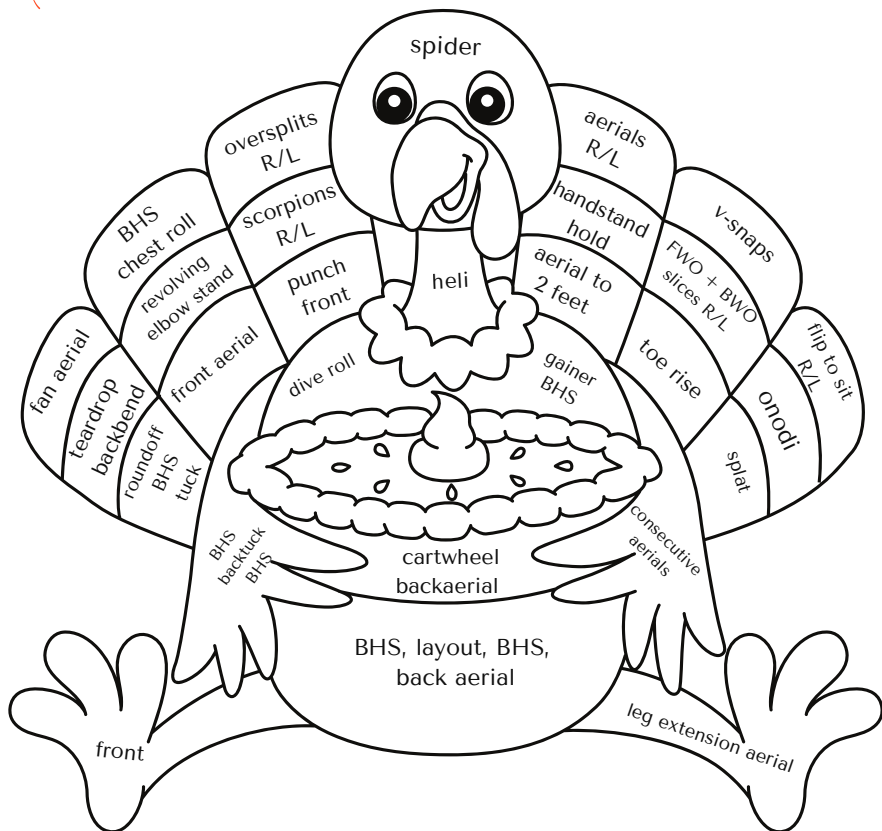
I've got it!



I almost have it!



I need help with this one!



Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



I've got it!

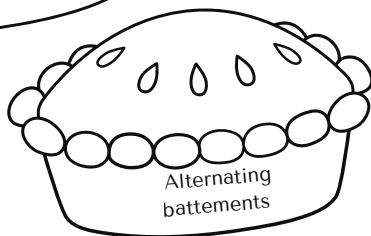
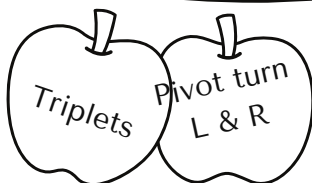
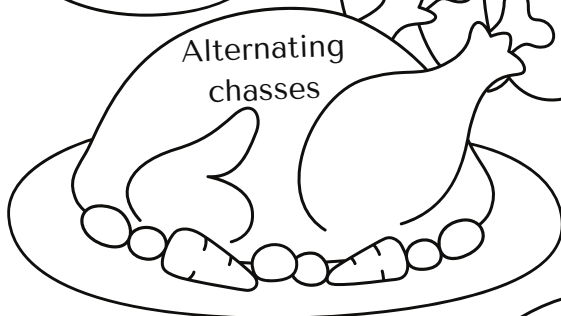
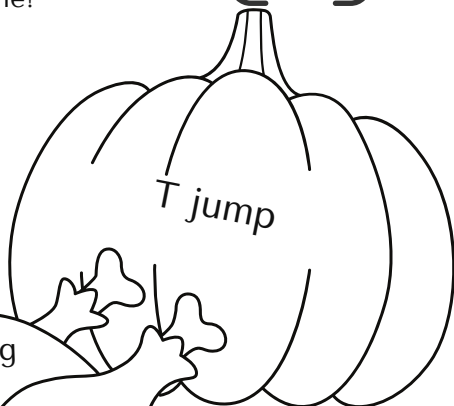
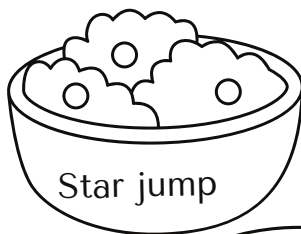


I almost have it!



I need help with this one!

Scan me
for an instructional video!



Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!

Scan me
for an instructional video!



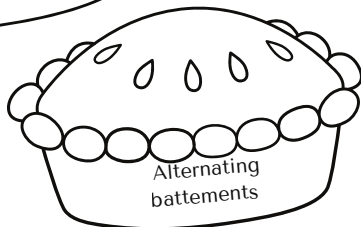
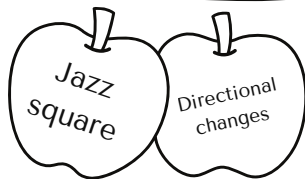
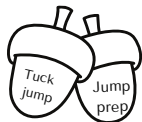
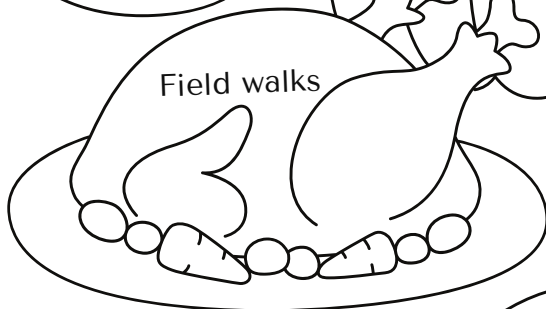
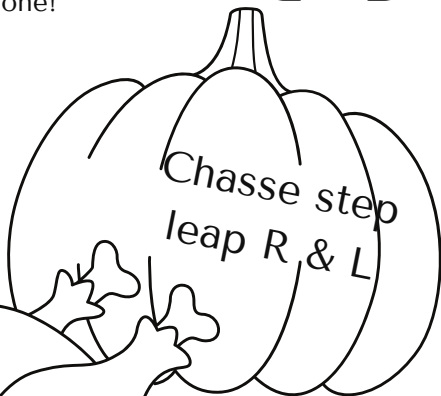
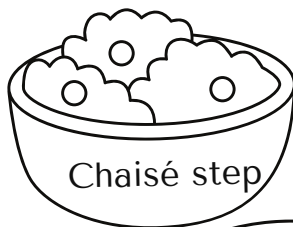
I've got it!



I almost have it!



I need help with this one!



Jazzy Jr

Name _____

Practice your skills and color them in! Follow the guide below for coloring!! Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



I've got it!



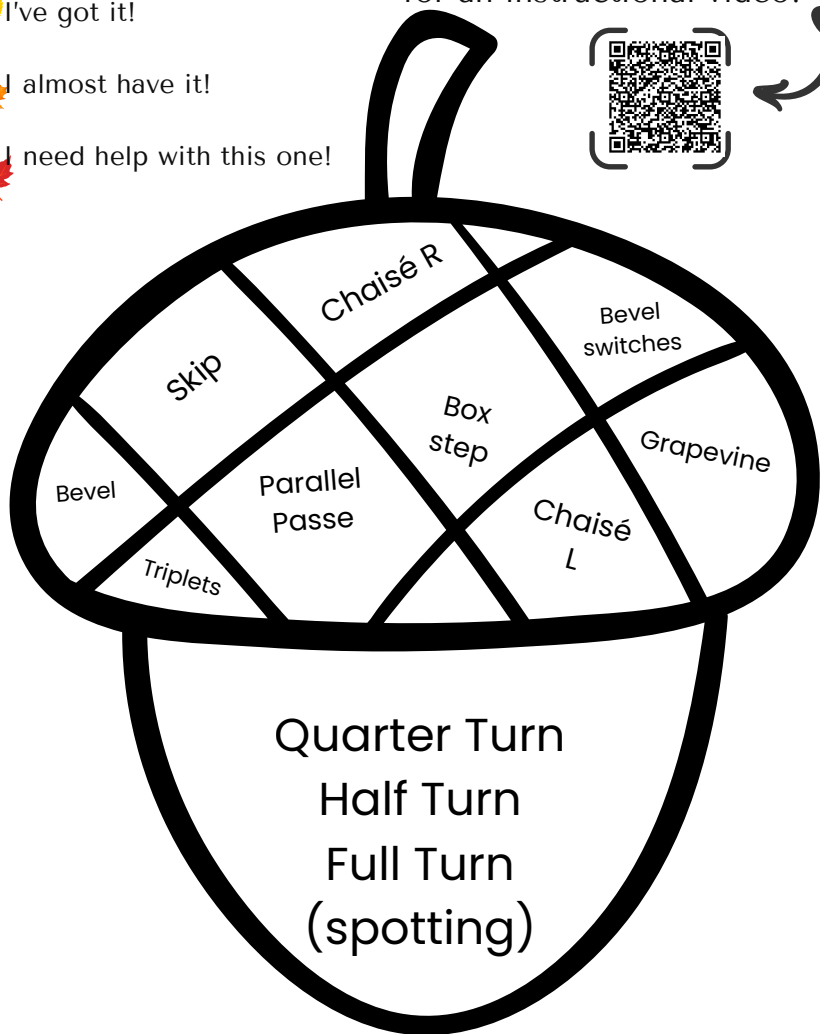
I almost have it!



I need help with this one!

Scan me

for an instructional video!



Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



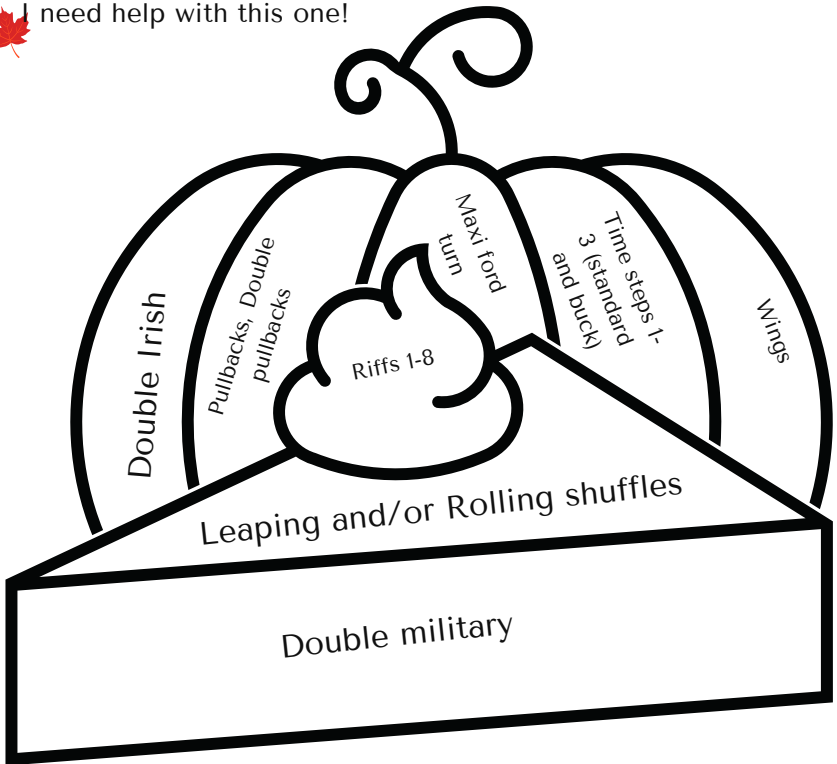
I've got it!



I almost have it!



I need help with this one!



Tap! Homework

Name _____

Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



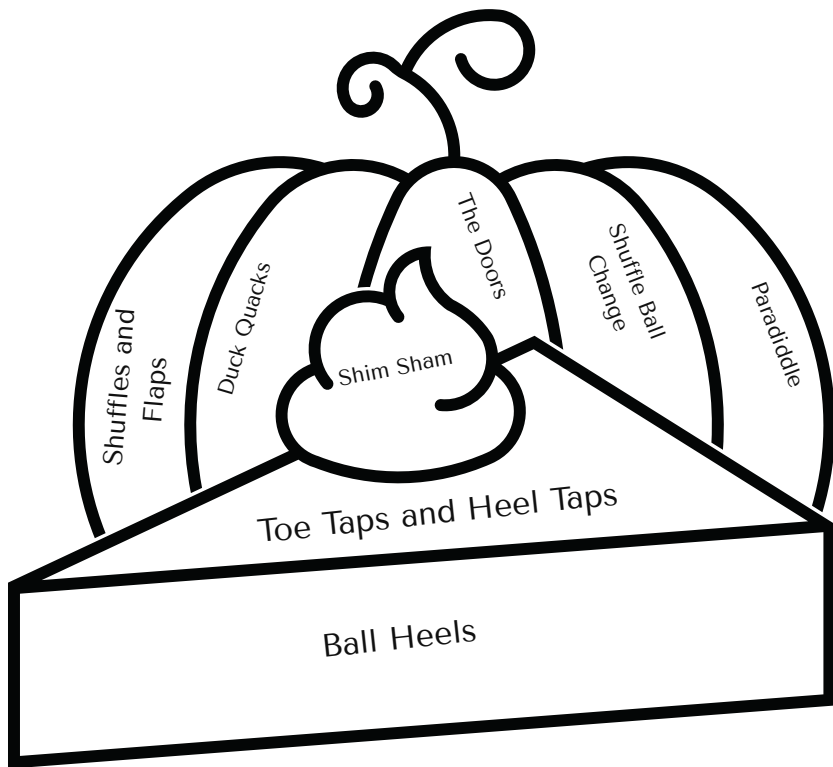
I've got it!



I almost have it!



I need help with this one!



Tap

Name _____

Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



I've got it!



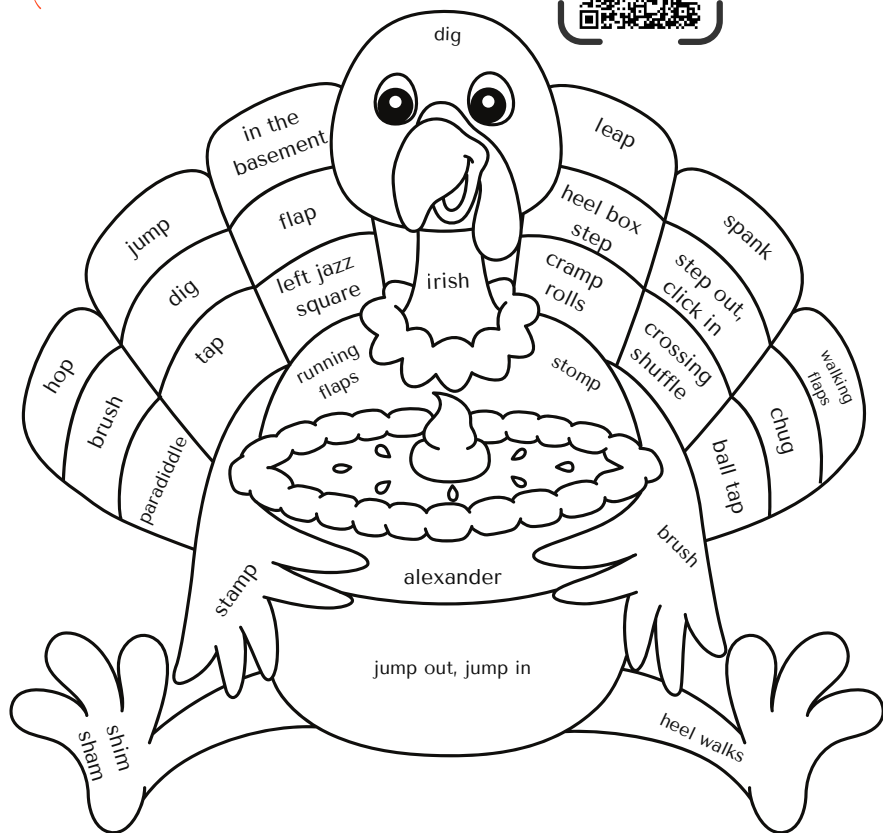
I almost have it!



I need help with this one!

Scan me

for an instructional video!



Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



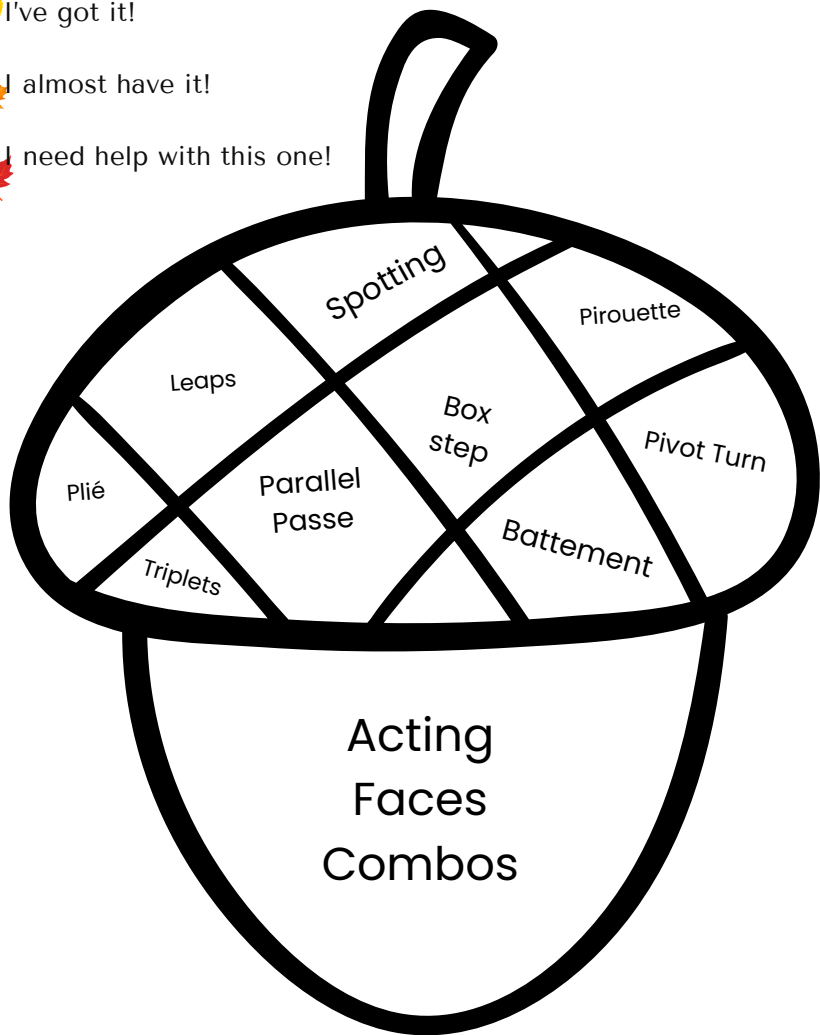
I've got it!



I almost have it!



I need help with this one!



Hip Hop!

Name _____

Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



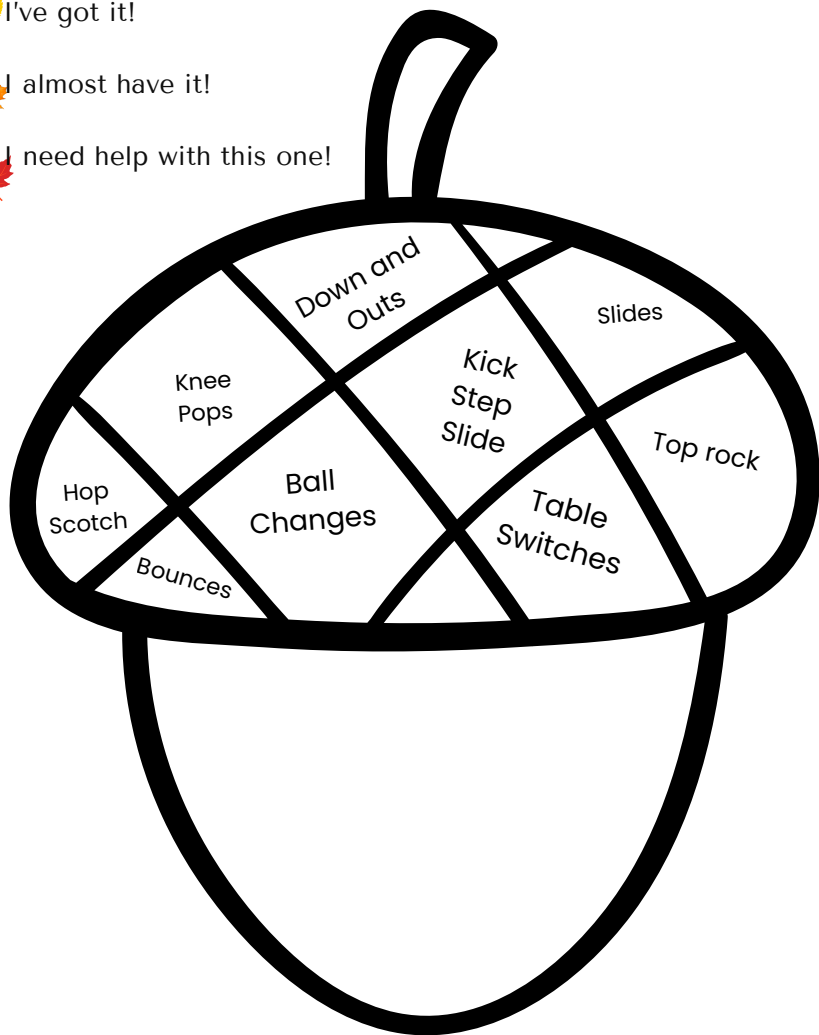
I've got it!



I almost have it!



I need help with this one!



Hip Hop II

Name _____

Practice your skills and color them in! Follow the guide below for coloring!!
Bring your completed sheet back to the front desk for treasure box!!

COLORING GUIDE!!!



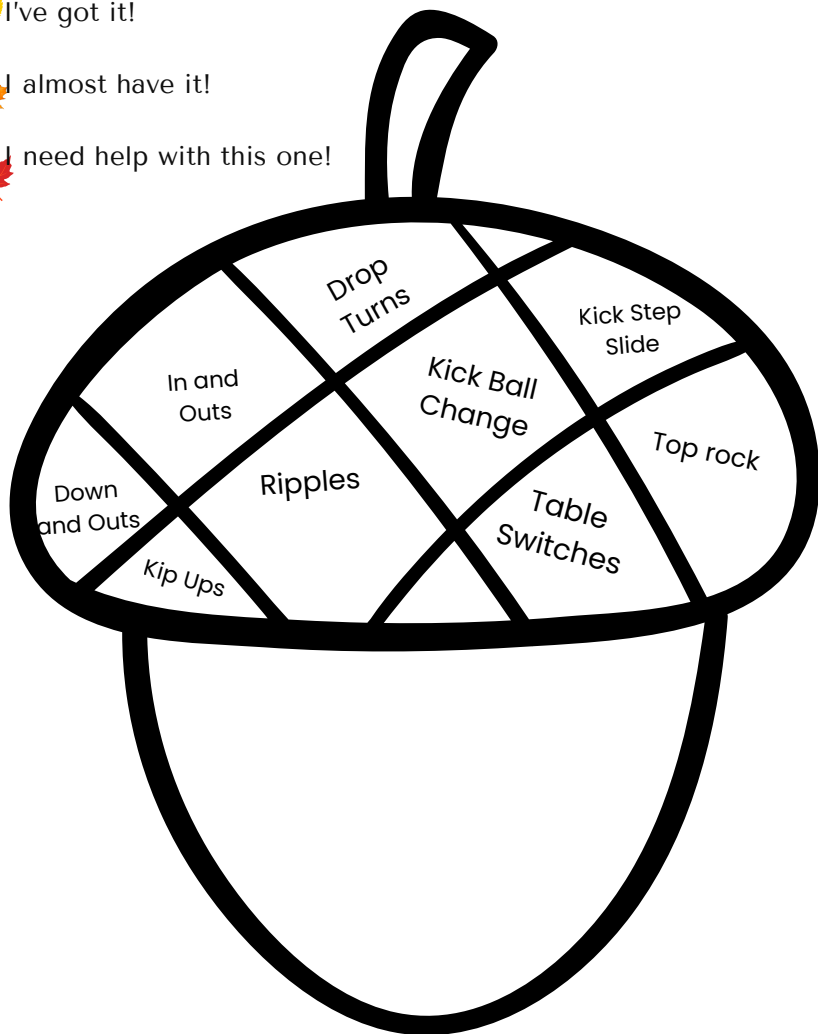
I've got it!



I almost have it!



I need help with this one!





Acro Jr.



10 kick ups	15 crunches	10 handstands
20 jumping jacks	30 second plank	10 beanbag bridges
15 second headstand	5 cartwheels on each side	handstand facing wall





Acro 1



10 kick ups	15 crunches	10 handstands
20 jumping jacks	30 second plank	10 beanbag bridges
15 second headstand	5 cartwheels on each side	handstand facing wall





Acro 1 / 11



10
kick ups

15
crunches

10
handstands

20
jumping
jacks

30 second
plank

10
beanbag
bridges

15 second
headstand

5 cartwheels
on each side

handstand
facing wall





Acro 2

Slow motion
backbend

Backbend
walks

10 handstand
pops

Handstand
Walks

2 min
plank

20
beanbag
bridges

1 min
headstand

30 second
elbow stand

All 3 cartwheels
on both sides





Acro 3

Valdez on
both sides

Backbend
hops

5 second
handstand hold

Handstand
Walks

One handed
walkovers

Headspring, back
handspring

Backhandspring to sit

Front slices and
switches

Back slices and
switches





Tap



8 shuffles on
each side

Jump

4 flaps on
each side

Leap

Walking
flaps

Irish:
shuffle
hop
step

Paradiddle

Buffalo

Hop





Tap



Alexander

Yellow
Brick
Road

Paradiddle
Combo

Buffalo

Maxie Ford

Irish

Running Flaps with a toe
drop

Peg Leg
Bates

Silver Dollar City





Tap



Double
Military

Double Buffalo

Traveling

Double Irish

Double
Maxie Ford

Toe Stand

Running Flaps with a toe
drop

Peg Leg
Bates

Silver Dollar City





Jazz

Grapevine	Pivot Turn	Cross Turn
Jazz Square	Box Step	Passé
Pirouette Prep	Spotting	Parallel Pas De Chat





Lyrical

Grande Plié

Tendu

Relevé

Chassé

Chainé

Passé

Ron de Jambe

Spotting

Demi Plié



GOALS

