

Instructor Practice: Lower body combination 1



Using *Lower body combination 1* from previous practice, write out 4-beat and 2-beat cues to use in time with the music. Make a note of appropriate visual cues to use. Then put on some music and practice your cues with the combination.

4-beat cues:

Walk in place

8	7	6	5	4	3	2	1
4-beat cues				walk	in	place	-
Visual cues							

Alt toe tap down

8	7	6	5	4	3	2	1
4-beat cues							
Visual cues							

Alt knee lift

8	7	6	5	4	3	2	1
4-beat cues							
Visual cues							

Double knee lift

8	7	6	5	4	3	2	1
4-beat cues							
Visual cues							

2-beat cues:

Walk in place

8	7	6	5	4	3	2	1
2-beat cues						right	foot
Visual cues							

Alt toe tap down

8	7	6	5	4	3	2	1
2-beat cues							
Visual cues							

Alt knee lift

8	7	6	5	4	3	2	1
2-beat cues							
Visual cues							

Double knee lift

8	7	6	5	4	3	2	1
2-beat cues							
Visual cues							

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More practice: Write out a combination you have recently taught. Make note of 4-beat and 2-beat cues you can use. Then practice the combination with your cues in time with the music.

	8	7	6	5	4	3	2	1
Exercise 1	4-beat cues							
	2-beat cues							
	Visual cues							

	8	7	6	5	4	3	2	1
Exercise 2	4-beat cues							
	2-beat cues							
	Visual cues							

	8	7	6	5	4	3	2	1
Exercise 3	4-beat cues							
	2-beat cues							
	Visual cues							

	8	7	6	5	4	3	2	1
Exercise 4	4-beat cues							
	2-beat cues							
	Visual cues							