

# SMS Dance Warm-Up Cheat Sheet (2015-2016)

## ***Section #1 –Head & shoulder isolations***

### ***Music- Cheerleader***

- 1) Step and look right, step and look left 2x
- 2) Look down, middle, up , middle 2x
- 3) Repeat #1
- 4) Repeat #2
- 5) Head bounce to right shoulder 8x, then left 8x
- 6) Head roll to right 2x, head roll to left 2x
- 7) Right shoulder forward & back, left shoulder forward & back  
***\*Music begins to change to Centuries by Fall Out Boy***
- 8) Both shoulders roll backwards with knee bend 4x
- 9) Repeat #7
- 10) Both shoulders roll forwards with knee bend 4x
- 11) Feet step out to 2<sup>nd</sup> position (feet apart) Reach up with both arms and back down to arms in 2<sup>nd</sup> position (arms straight out to sides) – takes one count of 8

## ***Section #2 – Ribcage isolation, Alignment focus, Port de bras & Spatial Awareness***

- 1) Reach to Right 2x, Reach to left 2x, ribcage forwards 2x, ribcage backwards 2x
- 2) Repeat #1
- 3) Ribcage circle to the right 1x- takes one count of 8
- 4) Ribcage circle to the left 1x- takes one count of 8
- 5) 1 Gorilla walk to the right, roll up slowly, hands on knees duck under to right, then left
- 6) 1 Gorilla walk to the left, roll up slowly, hands on knees duck under to right, then left
- 7) Repeat #5 & #6
- 8) Jump feet together: Tendu, flex, point, close plié, tendu plié, tendu plié = Do this combination starting with the right foot then the left foot *en qua* (meaning front, side, back, side)
- 9) Ponies. (change lines) takes two counts of 8
- 10) Repeat #5 & #6 2x (Gorilla Walk)
- 11) Fan arms to right knee and lunch 7x
- 12) Fan arms to left knee and lunch 7x
- 13) Fan arms open to face front. Arms rise and dive down to touch floor. Stretch – takes four counts of 8
- 14) Lift toes 8x, Lift heels 8x
- 15) Repeat #14
- 16) Repeat #5 & #6 2x (Gorilla walk)
- 17) Bend down and hug right leg – takes two counts of 8, spin on the last count
- 18) Bend down and hug left leg- takes two counts of 8, spin on the last count

- 19) Bend down and walk hands forwards out to “push-up position” then backwards to sitting down position with feet together straight in front of you. \*Spine should be long and lengthened (tall)

***\*Music changes to Where are U by Skrillex & Diplo & Justin Bieber***

***Section #3 – Floor Stretches, Abdominals***

- 1) Roll wrists and feet 8x outwards & 8x inwards
- 2) Dive Down by legs 3x Roll to right
- 3) Reverse Dive Down by legs 3x Roll to Left
- 4) Repeat #2 & #3
- 5) Right leg over left leg and spiral spine to Right (twist towards stage right) –Takes 4 counts of 8
- 6) Left leg over right leg and spiral spine to left (twist towards stage left)-takes 4 counts of 8
- 7) Both legs straight out, fold over and stretch hamstrings. Keep knees straight.
- 8) Roll on to back, bicycle legs in the air- takes 4 counts of 8
- 9) While laying on back, right knee touches floor on left side of hip- Takes 4 counts of 8
- 10) Repeat with Left knee
- 11) 4 Sit up and touch toes
- 12) 16+ Pilates 100's – Takes 2 counts of 8
- 13) Roll to right onto stomach and stretch abdominals- Takes 2 counts of 8
- 14) Child's Pose (yoga)- Takes 2 counts of 8
- 15) Right arm under left arm, stretch right shoulder- Takes 2 counts of 8

***\*Music changes to Shut Up and Dance with Me by Walk the Moon***

- 16) Left arm under right arm, stretch left shoulder- Takes 2 counts of 8
- 17) Child's Pose (Yoga) – Takes 1 count of 8

***Section #4 – Biceps, Heart rate pacing, Fun.***

- 1) Pound the floor 16x – Takes 2 counts of 8
- 2) You may choose: A) 8 push-ups or B) Plank – Takes 4 Counts of 8
- 3) Child's Pose (yoga) –Takes 3 counts of 8 + 4 more counts
- 4) Run around right arm
- 5) Skip around the room and clap on the even counts- Takes 4 counts of 8
- 6) Find a partner you have never danced with-
  - (with partner) Hit right arm to right arm, left arm to left arm, circle both arms, Whip
  - Jump cross, touch Right foot, Nae Nae
  - Jump Cross, touch Left foot, Nae Nae
  - Run around partner with your right arm behind their back
  - “Pump it up” with arms, Clap on count 8
- 7) Repeat #5
- 8) Repeat #6 with a different partner
- 9) Repeat #5
- 10) End in your assigned space by last lines of song. Jump up and land laying on the floor.