

- PRACTICE EVERY CHANCE YOU GET...
 - When you're watching TV and a commercial is on, or when you're waiting for your bagel to pop out of the toaster, practice your moves!
- KEEP A DANCE NOTEBOOK...
 - Go home after practice and right down what you can remember of the routine you learned. Pay attention to every little detail and if you practice using this notebook, you will improve.
- PICK ONE THING TO WORK ON...
 - If you feel overwhelmed, then choose 1 eight count or one move to work on.
- DO MORNING STRETCHES...
 - One of the best ways to start your day is to set up a morning stretching routine. It doesn't have to be incredibly long or hard, but you do want to challenge yourself a little each time. Stretching is great for any type of dancer, and engaging in stretching exercise outside of dance practice will only make dancing easier.
- PRACTICE MUSCLE MEMORY...
 - 'Muscle Memory' is a motor skill acquired by repetition. The best thing about muscle memory is that it's something you can practice. Whenever you're doing something, take a 3-5 minute break and practice a specific move you're trying to refine or acquire. After doing it a couple times, move on to another move. You want to build a pool of moves so when the time comes, your body will be trained to execute them
- PERFECT YOUR POSTURE...
 - Practice standing up straight, push your shoulders down and back, and hold your head up. It's truly amazing what good posture does for a dancer
- PRACTICE, PRACTICE, PRACTICE...
 - As with any new skill, practice makes perfect. Don't be too hard on yourself if it seems to take you a little longer than others to learn the choreography of a dance routine. Your ability to learn routines quickly will improve over time, as your mind will grow accustomed to forming associations. Practice will bring about improvements in all areas of your dancing, which will make it easier to learn complicated step combinations. The more comfortable you are with the steps, the easier it will be to link them together in your mind.
- VISUALIZE THE ROUTINE...
 - For many dancers, it's just good old practice that makes perfect—but you don't need to be at practice to go over new material. You can even mark through choreography while you're waiting in line at the grocery store. Try mini-marking, moving only your head or shoulders. Try closing your eyes and go through the movement with your hands, imagining what it should look like full-out. Practice for the visual image of it—imagine yourself going through space. Once the movement gets into your head, it'll get into your body, too.
- BUILD...
 - Start with counts & no music. Progress up to doing the routine faster & faster with counts. Add in the music. Visualize moves with the music. Listen for special or accented beats or sounds. Practice with music several times.