

## TABATA DANCE WORK OUT!

<b>Jumping Jacks (regular or in Plié)</b>	<b>lunge to Attitude jump L</b>
<b>slow (1-2) fast (3) fast (4) - Prances</b>	<b>Plank Jacks to Low squat</b>
<b>Squats</b>	<b>Plank to Lunge</b>
<b>Butt Kicks</b>	<b>Skaters, mini open 2nd</b>
<b>Pendulums to passe R</b>	<b>Relevés 1st</b>
<b>Pendulums to passe L</b>	<b>side lunge to passe</b>
<b>Burpee With Leg lift</b>	<b>down dog to plank</b>
<b>Plie- Open- Passe Repeat R. (Fouette)</b>	<b>plank to side plank (Could add elbow drop)</b>
<b>Plie- Open- Passe Repeat L</b>	<b>Curtsy lunge to Point or Battement R</b>
<b>Slide Touches</b>	<b>Curtsy lunge to Point or Battement L</b>
<b>Pas de Bourre</b>	<b>Jumping Jack with Star jump every 4th jack</b>
<b>Plank to Side Plank</b>	<b>Single Leg balance Front Side Back Side (Can use Pink Block)</b>
<b>2nd to 4th twist plie R</b>	<b>Pendulum To passe REPEAT R</b>
<b>2nd to 4th twist plie L</b>	<b>Pendulum To passe REPEAT L</b>
<b>Lunge to Attitude jump R</b>	<b>Plie Twist to lunge</b>
	<b>2nd to plie reach</b>