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HOW TO PRACTICE AT HOME

(AND REMEMBER THE STEPS!)

- In class when you learn the steps, **put a story or song** to the movement. So rather than remembering that you have to do a leap across the stage, you may think of it as leaping over a puddle to pick up a puppy! It sounds silly, but it works! It can also be helpful to connect the choreography to the lyrics to the song... That way when you hear a certain beat or word in the song, you know which move goes with it.
- When you learn movements, have a go doing it by yourself without the music and **go over the parts you are not confident doing**. Those are the areas that you can ask the teacher for further help. Also breaking up the movements into smaller sections can help you conquer the steps without getting overwhelmed. Think about *how* it was taught to you... Did the teacher say a certain phrase that could jog your memory?
- Write down what you have learnt in a **dance diary** and try to explain the moves to someone else... When we teach someone, it tends to make us remember it more. Set aside some time each week to go over the choreography.
- At home, **go over the dance a couple of times** and write down the parts you are getting stuck on, so that the teacher can go over those parts the following week. If you are busy with school, simply going through the dance in your head before

you go to bed, is a great tool to help you remember the sequence and order of the dance.

- When the teacher starts polishing and going through the dance, **writing or drawing the corrections in your dance diary**, will help you remember for next time and then you can choose a couple of things you will focus on each week. Asking questions in class is also very beneficial and shows the teacher that you are eager to learn.
- Getting someone to **film** you doing the dance can be a great tool to help you remember the dance and pick up mistakes you might be making. Be sure to also check the BAND app as your teacher will share videos in your age group every couple of weeks for you to practice. Don't rely on the video though! Have a quick check, try without and then see what you missed...

Remember your teacher is always happy to help, so ask if you are not sure of a step.