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INSTRUCTIONS

ACROSS THE FLOOR WARM UP

CATEGORIES: Balance, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/across-the-floor-warm-up/>

Ankles

Arms

Glutes

Knee Strength & Length

Lower Body

Shoulders

Turns



STEPS:

- Start standing with your feet together.
- Step your right foot forward to prepare for a turn.
- Raise your left arm to shoulder height, straight out in front of you and your right arm out to the side.
- Step forward with your left foot, and bring your left foot to passé.
- Extend both arms at shoulder height, making a T shape.
- Alternate sides.

Repeat across the floor 2 times.

[+] Go into relevé 2nd time across the floor