**Y9 and Y10 Practical Sessions for home**

**Please follow the links and the order they are in.**

**Week 1**

Contemporary warm ups and class

<https://www.youtube.com/playlist?list=PLXSToRkLrp7KX9Ejs-uAf68NrX9IUFT0A>

**Week 2**

Basic ballet technique

<https://www.youtube.com/playlist?list=PLXSToRkLrp7I5FAy-HzfBOWpabx0w9Lrb>

Use the back of a chair for the barr work.

**Week 3**

Contemporary and learning a sequence

Warm up

<https://www.youtube.com/watch?v=x_Ebc9Tk0Bk>

<https://www.youtube.com/watch?v=5Q48OHg4miE>

<https://www.youtube.com/watch?v=4RsDHbo6w-Y>

Sequence no 1

<https://www.youtube.com/watch?v=LPj-Rd0c6Uo>

Sequence no 2 (music Ruelle Until we go down)

<https://www.youtube.com/watch?v=x4K_sNxCmEE>