Gamma

Class Day: _____ Class Time: _____ Age Level: _____

Starting Date: _____ Ending Date: _____ Number of Lessons: _____

Term: _____ Instructor Name: _____

Date Week#	1	2	3	4	5	6	7	8	9	10	11	12	13	Comments:
Warm-Up:														
Stretching														
Forward Stroking														
Backward Stroking														
Forward Crossovers														
Backward Crossovers														
Maneuvers:														
Advanced Backward Crossovers (w/o picking up the crossing foot)														
Left Outside 3-turn														
Right Outside 3-turn														
Left Mohawk														
Right Mohawk														
Hockey Stop														
Left Outside Waltz 3-turn														
Right Outside Waltz 3-turn														
Alternating Outside 3-turns														
Left Mohawk Combination														
Right Mohawk Combination														
Left Chinese Attitude														
Right Chinese Attitude														
Waltz Jump from T-Position														
Bauer														
Spread Eagle														
Pair Spins														
Left Mohawk Cross Steps in Circle														
Right Mohawk Cross Steps in Circle														
Alternating Mohawk Cross Steps														
Bunny Hop														
Left Forward Arabesque														
Right Forward Arabesque														
Test:														
Right Outside 3-Turn														
Left Outside 3-Turn														
Right Mohawk Combination														
Left Mohawk Combination														
Hockey Stop														