

Weekly Class Review

DATE 03 / 18 / 25 CLASS: GrooveSk8 1 - Tuesday, 1 - 2 pm

CLASS THEME: "Rolling Together: Partner Skating Unlocked!"

I. WARMUP & REVIEW

Warm-up: T-push lunges, power bubbles, forward and backward stroking

Review: sliding and stepping turns, add edges and free leg positions

Instructor:

Linda Sewell

Skating Discipline/Type:

Fundamentals, Rhythm, Jam, JB Dance

Class difficulty: 
(1 star = not difficult; 5 stars = very difficult)

II. SKILL PROGRESSION

Work on push-change edge and gathering steps for Cruising. Discuss timing in this type of casual "strolling" skating. (Refresh the Glide step from last Fall)

New Skills: Learn side-by-side partner skating positions and practice with a partner. Discuss mirror skating and begin Open (facing) steps for forward-backward partnering (holding a beat while partner turns to change from forward to back or backward to forward).

Practice: Cruising to music with a partner or alongside (hand-in-hand, cross arm in front, elbow-hook, or across in back).

Bonus - A chorus line for Cruising!
And a story about Grand March memories.

Key Skills Learned:

- Cruising (strolling) edges and timing.
- Partnering positions
- Mirror skating
- _____

Practice Notes: