

Our class rehearsal plan would improve our alignment, coordination, clarity of movement, and flexibility. We would start our class with a "quick" warm up. During this warm up we would do ab workout and stretching. The stretching would help ensure that we wouldn't hurt ourselves during the duration of class. The ab workout would enhance our core making us have a stronger core. Having a stronger core would help us with pirouettes. Doing these pirouettes helped me find my center of balance and I was able to turn better. After doing the ab workout we would go across the floor doing various movements. helping with our coordination. We also learned while going across the floor how to work with others to match our movements with another person. Going across the floor also helped our teacher look at us and clarify our movements. Learning our dances helped to shape us into better people as well, we learned how to work with other.