

ELEMENT TUTORIALS

The following is a list of links to reference for tutorials on kicks, splits, and elements!

STEP KICKS - https://www.youtube.com/watch?v=1-wzOXT_orc

HIGHER KICKS - <https://www.youtube.com/watch?v=d3eJlgPtL8I>

PIROUETTE TURN - <https://www.youtube.com/watch?v=uGuvXwJW8QQ>

SPLITS - <https://www.youtube.com/watch?v=yXopw1QWiMI>

BALANCE - <https://www.youtube.com/watch?v=RzYKmBNKhAc>

TOE RISE - <https://www.youtube.com/watch?v=wJgFMJHT7Zw>

JETE / LEAP - <https://www.youtube.com/watch?v=8DYXJGuHCPk>

TOE TOUCH / SECOND - <https://www.youtube.com/watch?v=0emaEFul7hM>

FOUETTE TURN / A LA SECOND - https://www.youtube.com/watch?v=_H9tMzSHqFs

<https://www.youtube.com/watch?v=yxjRM9XfIZs> (PART ONE)

https://www.youtube.com/watch?v=ceHe_GY4upM (PART TWO) *Great!!!

ATTITUDE TURN - <https://www.youtube.com/watch?v=Bqs7zrVoR-I>

STAG LEAP - https://www.youtube.com/watch?v=_ZKZEeiJOCU

****More advanced leaps, turns, jumps**

TURNING C JUMP - <https://www.youtube.com/watch?v=k-ZHxnNT5AU>

ILLUSION - <https://www.youtube.com/watch?v=NXLTX8e7mfo>

CALIPSO - <https://www.youtube.com/watch?v=QFJU5yU2Qqk>

CALIPSO - <https://www.youtube.com/watch?v=wijTr1w2uyc> (DIFFERENT)

BARREL FAN JUMP "BUTTERFLY" - <https://www.youtube.com/watch?v=aooP19-mAJQ>

REVERSE LEG HOLD TURNS - <https://www.youtube.com/watch?v=MrXweAMcvAs>

RENVERSE JUMP - <https://www.youtube.com/watch?v=Gm6BXZBwu0o>

FOUETTE ARABESQUE JUMP - <https://www.youtube.com/watch?v=9vpGgYb4CB0>