

## Highsteppers Practice

visualization

### 3. Past Practice Review

Adjustments and/or review of film of last practice

### 4. New material

Introduction of new steps or formations

### 5. Show Time

Perform the entire show or an aspect of the show from start to finish

### 6. Elimination Game

"Simon Says" type of game reviewing routine steps and competing member against member.

### 7. Final Assembly

Announcements and peer review of individual performances

### Physical Exercises

1. Stretches—arm stretches, leg stretches
2. Marching—endurance building,

timing development

3. Jumping jacks
4. Mountain climbers
5. Arm rotations
6. Leg lifts



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