

DANCE JOURNAL TOPICS

## WHAT ARE YOUR DANCE CLASS HABITS?

Do you actively observe and mark combinations as your instructor demonstrates?

Do you listen eagerly to all corrections given - even to other dancers - and try to apply them yourself?

Do you arrive on time, in your proper dress code?

Do you take the time to warm-up your body and prepare your mind before class?

Do you reflect on what you learned in the last class, thinking about how you can apply corrections this week?

Do you review combinations or choreography that you learned?

After class, do you take time to thank your teacher, your fellow dancers, and yourself?