

5 Alive Steppers Class Format

(Class format is flexible Subject to change without notice. First hour is line dancing and Second Hour Stepping and classes may overlap base on participants

7:00pm Registration/Introduction, 7:30pm-9:30pm)

- **Registration, Introduction, and Survey**
- **Warm Up Moves**
- **Warm Up Dance(s)**
- **Review Dances From Prior Class**
- **New Dance Demo (Phase A)**
- **Walk Thru of New Dance (Phase B)**
- **Test Drive Of New Dance Without Music (Phase C)**
- **Test Drive Of New Dance With Music (2 times) (Phase D)**
- **PSA Break**
- **New Dance Demo**
- **Walk Thru Of New Dance**
- **Test Drive Of New Dance Without Music**
- **Test Drive Of New Dance With Music (2 Times)**
- **Repeat Phases A-D as needed**
- **Closing /Circle of Appreciation**