



LA DANCE MAGIC

**ALBERT BLAISE CATTAFI
HOW TO MAKE BALLET YOUR
STUDENTS FAVORITE CLASS**

SKIP THE SLOW MUSIC, GO WITH SOMETHING QUICKER (DOESN'T NEED TO BE BALLET MUSIC). STUDIES SHOW THAT WE RUN FASTER AND GET A BETTER WORKOUT WHEN MUSIC IS **QUICKER**, IT KEEPS US **MOTIVATED** AND ACTUALLY KEEPS OUR HEART RATE HIGHER, WE CAN USE THIS SAME CONCEPT FOR OUR DANCERS.

KEEP YOUR **ENERGY UP**. THEY'RE GONNA **REFLECT** OUR ENERGY, JUST LIKE **A MIRROR**. IF THE ROOM IS SLEEPING, **PULL UP YOUR ENERGY**.

ALTHOUGH THE CLASSIC EXERCISES WE GREW UP ON ARE **GREAT AND AFFECTIVE**, DEFINITELY ADD WRINKLES. FUNNY/FUN PARTS THAT WILL **KEEP THE STUDENTS ON THEIR TOES**.

TRY TO **MIX UP** BARRE EXERCISES WITH CENTER EXERCISES. I LIKE TO SANDWICH **STRENGTH EXERCISES IN BETWEEN BARRE EXERCISES**, IT KEEPS THE DANCER'S MOVING AROUND AND FIGHTS THAT DREADED **"ZONE OUT"**.