



ONE DAY DANCE INTENSIVE

Presented by:
American Dance



One Day Dance Intensive Schedule

Edinburg HS – Saturday, December 16th

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| 8:30-9:00am | Registration |
| 9:00-9:30am | Introductions, Stretch, Kick Sequence & Explanation of Routines Offered |
| 9:30-11:30am | ADTS Intensive Routines + Team Building <i>Lauren Cabrera – Hip Hop Routine</i> <i>Itzayana Ramirez – Jazz Routine</i> |
| 11:30-11:45am | Show-Off Routines & Ribbons Presented |
| 11:45-12:45pm | Lunch |
| 12:45-1:00pm | Stretch & Review Kick Sequence |
| 1:00-1:30pm | Leaps & Turns Combos (Intermediate – <i>Itzayana</i> /Advanced – <i>Lauren</i>) |
| 1:30-3:30pm | ADTS Intensive Routines <i>Lauren Cabrera – Contemporary Routine</i> <i>Itzayana Ramirez – Pom Routine</i> |
| 3:30-3:45pm | Show-Off Routines & Ribbons Presented |
| 3:45-4:15pm | Kick-Off for Miss High Kick |
| 4:15-4:30pm | Awards & Farewells |

2018 American Contests Near You!

February 3 • Rio Grande Valley Jr Dance Festival
PSJA Southwest HS • Elem, MS, & Studio teams welcome

February 10 • South Padre Island Festival
South Padre Island Convention Center • All HS, JV, & MS teams welcome

For more information, please visit our website: www.danceadts.com

