



ONE DAY DANCE INTENSIVE

Presented by:
American Dance



One Day Dance Intensive Schedule

Nimitz HS – Saturday, December 9th

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>Kristin Lopez – Pom Routine</i> <i>Rachel Meents – Contemporary 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 – Kristin / Advanced – Rachel)
1:30-3:30pm	ADTS Intensive Routines <i>Kristin Lopez – Hip Hop Routine</i> <i>Rachel Meents – Jazz 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 • North Houston Dance Classic • New Caney HS
February 17 • Houston Coastal Sr. Dance Classic • Morton Ranch HS
February 24 • Houston Regional Championship • Dekaney HS
March 2-3 • Galveston Island Festival • Moody Gardens Hotel & CC

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

