



ONE DAY DANCE INTENSIVE

Presented by:
American Dance



One Day Dance Intensive Schedule

Port Isabel HS – Saturday, November 4th

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>Sarah Zepeda – Hip Hop Routine</i> <i>Brianna Cantu – 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>Brianna</i> /Advanced – <i>Sarah</i>)
1:30-3:30pm	ADTS Intensive Routines <i>Sarah Zepeda – Pom Routine</i> <i>Brianna Cantu – Contemporary 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

