



Get Up & Move Fancy Footwork Pt. 2

<https://www.youtube.com/watch?v=f8osPIKW6ag>

Warm up

- Right arm across your chest, using your left hand pull your right arm closer to your body for 10 seconds and then switch arms.
- Arounds out to your sides and up like a cross, you'll make 10 tiny circles with your arm. Then you'll make 10 medium circles and then 10 huge circles.
- You'll bring your feet together and you'll reach for your toes for 10 seconds
- Next you'll spread your feet apart and you'll reach for your right foot for 10 seconds and then move to your left foot for 10 seconds.

Instructions

This activity will consist of five simple drills that you can use to improve your footwork!

Drill #1: Double Step High Knee OR "Cha-Cha Step"

For this exercise you will take three quick steps in place, but during the third step you will perform a high knee with the leg that is not on the floor. Perform three more steps but perform a high knee with the opposite leg on the third step. Continue repeating the steps, lifting up alternate legs every three steps.



For Drills 2 through 5, you will need to find or create a line on the floor. You can create the line using objects such as cones, shoes, shirts, and towels.

Drill #2: Sideways Bunny Hops

Start on one end of the line. Jump on both feet side-to-side over the line as fast as you can. Make your way to the other end of the line while jumping. Once you reach the end, hop back to where you started.



Drill #3: In-N-Outs

Start on one end of the line. Step forward over the line with both feet, starting with the foot that is closer to the opposite end of the line. After you have stepped over the line, step backwards over the line with both feet. Start with the same foot that you started with the first time. Once you reach the end, perform the drill going in the opposite direction. Make sure to always start with the foot that is closest to the opposite end.



Drill #4: Step-Over

Start on one end of the line. Step sideways over the line with both feet, starting with the foot that is closer to the line. After you have stepped over the line, step sideways over the line again with both feet, starting with the foot that is closest to the line. Once you reach the end, turn around and perform the drill back down the line. Make sure to always step over the line with the foot that is closest to the line.



Drill #5: Forward Bunny Hops

Start on one end of the line. Jump on both feet front-to-back over the line as fast as you can. Make your way to the other end of the line while jumping. Once you reach the end, hop back to where you started.





Cool Down

Find a seat on the floor or on a couch or chair. Make sure your back is nice and straight. Close your eyes with your hands on your lap. Take 10 deep breaths. Repeat if needed. You're all done! Great job! Make sure you drink some water with a healthy snack!