

ALONZO KING LINES BALLET









HEART WITH LINES

WARM UP

We recommend you start each at-home practice with **Brain Dance**.

Developed by [Creative Dance Center](#) Founder, dance educator and author, Anne Green Gilbert, the **Brain Dance** is a full body-brain exercise based on developmental movement patterns that healthy human beings naturally move through in the first year of life. Brain Dance is a great way to warm up the body and the brain by increasing blood flow, which stimulates oxygenation and better cognitive and physical functioning. Feel free to include your favorite music for added fun!

VIDEO LINK: [Kinder Brain Dance with Jordan](#) or [3rd Grade Brain Dance Floor with Alyssandra](#)

	1. Breath – Breathe deeply
	2. Tactile – Squeeze, tap, pat, scratch, brush all body parts.
	3. Core-Distal – Reach out with toes, fingers, head, tail and curl back to your core
	4. Head-Tail – Move head and tail separately and together in all planes, wiggle spine
	5. Upper-Lower – Move all parts of upper half of body, then all parts of lower half of body
	6. Body-Side – Move all parts on right side of body, then all parts on left side, do horizontal eye tracking.
	7. Cross-Lateral – Move across midline and connect upper and lower body quadrants, do vertical eye tracking
	8. Vestibular – Move off balance with swings, spins, tips and rolls on all levels and in all directions