

Dear Dancers Worldwide:

Many dancers around the world are home from school and dance classes. We also know how lonely it can be not to be interacting with your school and dance friends. We want you to know that as a dancer you are never alone.

We have many dedicated dance educators worldwide that would like to share their love for dance with you while the world together fights Covid-19.

Absolutely Free Dance Classes for everyone!

Level – 1 Beginner to Intermediate Level

Level 2 – Intermediate to Advance Level

Level 3 – Advance to Competitive Level

Thank you to all the dance educators worldwide that have donated their time and expertise to keep the World Dancing together!

From your dance friends from around the World!

DANCE CLASSES:

WARM-UP – FULL BODY

<https://www.youtube.com/watch?v=4hVroqIBICo>

<https://www.youtube.com/watch?v=rXhQ3dDiWVE>

Thank you Sharmila from the Sharmila Dance Center (**Dubai**) for sharing your technical warm-up

<https://www.youtube.com/watch?v=ByrT87-g8o0>

Thank you to Claudia Dean (**Australia**) for sharing her teaching videos

<https://www.youtube.com/watch?v=ByrT87-g8o0&t=214s>

Thank you to Claudia Dean (**Australia**) for sharing her teaching videos (Strengthen every muscle)

HOW TO MASTER

<https://www.youtube.com/watch?v=TIYM3k9EOk>

Thank you to Claudia Dean (Australia) for sharing her teaching videos **How To Master Fouetté Turns**

<https://www.youtube.com/watch?v=8ywHxIsEylI>

Thank you to Claudia Dean (Australia) for sharing her teaching videos **How To Master Turns**

<https://www.youtube.com/watch?v=7RdeR8IMiKE>

Thank you to Claudia Dean (Australia) for sharing her teaching videos **How To Master Split Leaps**

<https://www.youtube.com/watch?v=PVZssllo-Zs>

Thank you to Claudia Dean (Australia) for sharing her teaching videos **How To Master A La Seconde Turns**

<https://www.youtube.com/watch?v=y-4QVDbVB34>

Thank you to Claudia Dean (Australia) for sharing her teaching videos **How To Master Penche'**

<https://www.youtube.com/watch?v=hPxzwU2eU0Y>

Thank you to Claudia Dean (Australia) for sharing her teaching videos **How To Get Higher Extensions**

https://www.youtube.com/watch?v=L7MmtuKu_ro

Thank you to Claudia Dean (Australia) for sharing her teaching videos **How To master triple turns**

<https://live.breakthefloor.com/about>

Thank you **Break the Floor** for your free classes and online competition

LEVEL 3 BALLET

<https://vimeo.com/user104796744/download/405641158/6ab8e5d06a>

Thank you to Jemma Braun Ballet Class – Australia

<https://www.youtube.com/watch?v=1g-lomUYNTk>

English vs Russian Style

<https://www.youtube.com/watch?v=D1vPZRFmXkl>

Thank you to Claudia Dean (Australia) for sharing her teaching videos **Turns on Pointe**

<https://www.youtube.com/watch?v=2YQ0gvQe-ng>

Thank you to Claudia Dean (Australia) for sharing her teaching videos **Fouettes' on Pointe**

LEVEL 3 TAP

<https://drive.google.com/file/d/15xnLFjNxabAK4fL7CQQjN-1sCobQyvYq/view?invite=CKr49p4L&ts=5e96a852>

Thank you Caroline Dall & Jacob Moulton (Australia) for sending in this awesome tap class

https://drive.google.com/file/d/1xhAJi7dKoFjOwkFwoa_S-e8zCsSjk40v/view

Thank you Caroline Dall & Jacob Moulton (Australia) for sending in this awesome tap class

<https://vantapdance.zoom.us/join/194707695?wpk=wcpk7909e116c7a4a0c6a7db558147902298>

Thank you to Vancouver Tap Society for sharing (classes available on Zoom) (live class is 9 hrs difference from Europe)

To join the LIVE Technique Tap Class via Zoom:

<https://vantapdance.zoom.us/j/194707695>

Meeting ID: 194-707-695

LEVEL 3 – LYRICAL AND CONTEMPORARY

Thank you JADE DELARONDE (Canada) Contemporary - Int/Adv

<https://youtu.be/GqxvczgX5I8>

*Take class with Jade Delaronde (Canada) to learn a feel-good Contemporary combo!
Challenge yourself to take risks and enjoy stepping out of your comfort zone!*

<https://www.youtube.com/watch?v=zH71mxy4Qck> (How to get a higher Developpe)

Thank you to Claudia Dean (Australia) for sharing her teaching videos

LEVEL 3 – HIP HOP

<https://www.facebook.com/IDOWorldDance/videos/210901873512260/>

Thank you Education Dept. IDO facebook page PRANAV PADMACHANDRAN (India)

<https://www.facebook.com/117932194923965/videos/894008161062012/>

Thank you Education Dept. IDO facebook Hloni Santawane and Dylan Jardim representing IDO South Africa