

Private Worksheet

Name: _____

Age: _____

Dance styles you are currently learning or practicing: (ex. ballet, jazz, hip-hop, contemporary)

How long have you been dancing?

What are your main goals for this lesson?

(ex. technique improvement, choreography, style exploration)

What specific skills or areas would you like to work on today?

(ex. turns, jumps, flexibility, footwork, balance, coordination, expression)

Do you have any challenges or areas that you feel need more focus?

(ex. struggles with timing, balance issues, mastering a particular move, flexibility)

Do you want to focus on technique or performance today? (*Check one*)

☐ Technique

☐ Performance/Expression

Do you have any choreography you're currently working on that you'd like to get feedback on or refine? (*Yes/No, please specify*)

Is there anything else you'd like to discuss or work on that hasn't been covered above?

(ex. *upcoming performance preparation, injury concerns, new styles to explore, etc.*)
