

PYSA

Winter Footwork Challenge

#	U8 Core 100	Total Touches	Notes	Chart Completion Tracker										
				1	2	3	4	5	6	7	8	9	10	
1	Foundations	20	Alternate Feet											
2	Toe Taps	20	Alternate Feet											
3	Windshield Wipers	20	5 per foot then switch											
4	Sole Roll + Stop	20	Alternate Feet (1 set = 2 touches)											
5	Toe Taps Around the World	20	Alternate Feet (Change directions)											
TOTAL TOUCHES:				100	200	300	400	500	600	700	800	900	1,000	