

PYSA

Winter Footwork Challenge

#	U12 Core 300	Total Touches	Notes	Chart Completion Tracker										
				1	2	3	4	5	6	7	8	9	10	
1	Foundations	40	Alternate Feet											
2	Rolling Toe Taps	30	Alternate Feet											
3	V-Turn	40	Alternate Feet (1 turn = 2 touches)											
4	L-Turn	40	Alternate Feet (1 turn = 2 touches)											
5	Pull-Pivot Turn	40	Alternate Feet (1 turn = 2 touches)											
6	3 Foundations + Outside Take	40	Alternate Feet (1 set = 4 touches)											
7	4 Foundations + Sole Roll	40	Alternate Feet (1 set = 5 touches)											
8	Brazilian Toe Taps	30	Alternate Feet											
TOTAL TOUCHES:				300	600	900	1,200	1,500	1,800	2,100	2,400	2,700	3,000	