

PYSA

Winter Footwork Challenge

#	U10 Core 200	Total Touches	Notes	Chart Completion Tracker										
				1	2	3	4	5	6	7	8	9	10	
1	Foundations	30	Alternate Feet											
2	Base Move	30	Alternate Feet											
3	Toe Taps	30	Alternate Feet											
4	Sole Roll + Stop	20	Alternate Feet (1 set = 2 touches)											
5	Toe Taps Side to Side	30	Alternate Feet											
6	Foot Circles	30	Alternate Feet (1 Circle = 5 touches)											
7	Toe Taps Around the World	30	Alternate Feet (Change directions)											
TOTAL TOUCHES:				200	400	600	800	1,000	1,200	1,400	1,600	1,800	2,000	