

20 Ways To Spice Up Your Flamenco Dance Practice

Apply these ideas to a choreography, a combination, or even a single step:

1. Do it while singing (or humming) the melody.
2. Do one part over and over.
3. Do it facing different directions in the room.
4. Do it without moving your arms.
5. Do it without moving your feet.
6. Do it all while sitting down.
7. Do it pretending your favorite dancer is watching.
8. Do it imagining you are your favorite dancer.
9. Do it consciously engaging a particular muscle.
10. Do it concentrating on your breathing.
11. Do it really slowly.
12. Do it to different music.
13. Do it five times without stopping.
14. Do it in your head while sitting or lying down.
15. Do it pretending you're on stage.
16. Do it saying the sounds the steps make to the rhythm.
17. Do it focusing on one part of your body the whole time.
18. Do it with your eyes closed (arms only).
19. Do it changing a couple of the steps.
20. Do it while counting.