



Unleash Your Street Dance Super Power: Take Your Goals to the Next Level with Practice



GOAL SETTING for dancers



GOAL SETTING FOR DANCERS
WORKBOOK AND PRINTABLES

Over 15 pages of printable worksheets to scaffold the process of setting and achieving dance goals

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Street dance is more than just a form of self-expression or a way to have fun. It's a journey of self-discovery and personal growth. Whether you are a beginner or an experienced dancer, setting goals and pushing yourself to the next level is the key to unlocking your true potential. In this article, we will explore how super-

powered practice can transform your street dance skills and help you achieve your dreams.

Why Practice Makes Perfect

Practice is the foundation of any successful street dancer. It allows you to refine your technique, improve your coordination, sharpen your creativity, and build stamina. The more you practice, the more comfortable you become with your moves. It becomes second nature, allowing you to focus on adding your personal style and pushing boundaries.



Street Dance Goals - The Next Level (Super Power Practice Book 2) by Barry Rabkin (Kindle Edition)

★★★★☆ 4.5 out of 5

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But practice goes beyond repetitions and muscle memory. It is also about setting goals and challenging yourself to constantly improve. Each practice session is an opportunity to focus on specific skills, address weaknesses, and broaden your dance vocabulary. With a structured practice routine, you can continuously measure your progress and see how much closer you are to achieving your ultimate street dance goals.

The Power of Goal Setting

Setting goals is essential to stay motivated and to track your progress. But it's not just about dreaming big. Your goals need to be specific, tangible, and realistic. Break down your ultimate goal into smaller milestones that you can work on mastering. These milestones could include things like nailing a challenging move, perfecting your musicality, or joining a local street dance crew.



Once you have set your goals, write them down and keep them visible. This will serve as a constant reminder of what you are working towards. Each time you achieve a milestone, reward yourself and celebrate your progress. This positive reinforcement will keep you motivated and focused on achieving your next set of goals.

Super Power Practice Techniques

Now that you understand the importance of practice and goal setting, let's explore some super power techniques that will take your street dance skills to the next level.

1. Break It Down

When learning a new routine or a complex move, it's important to break it down into smaller, manageable parts. Focus on mastering each part individually before putting them all together. This approach will help you understand the mechanics of the move and allow you to build muscle memory more effectively.

2. Slow Motion Practice

Slow motion practice is an excellent technique for refining your technique and precision. By slowing down your movements, you can focus on the details and make subtle adjustments to improve your execution. Once you have mastered the move in slow motion, gradually increase the speed until you can perform it seamlessly.

3. Freestyle Sessions

While structured practice is important, don't forget to indulge in freestyle sessions. It's a chance to let loose, explore your creativity, and discover new moves. Freestyling enhances your improvisation skills and helps you develop your own unique style. Don't shy away from experimenting and taking risks during these sessions.

4. Seek Feedback

Feedback is crucial for improvement. Don't be afraid to share your work with others, such as dance teachers or fellow dancers, and seek constructive criticism. They can provide valuable insights, highlight areas for improvement, and offer tips to refine your technique further. Embrace feedback as an opportunity to grow and learn.

5. Cross-Train

Cross-training is an essential component of becoming a well-rounded street dancer. Explore different dance styles or incorporate fitness routines such as yoga or strength training into your practice routine. This will enhance your overall physical fitness, flexibility, and versatility as a dancer.

Embrace Your Street Dance Super Power

With dedicated practice and goal setting, you have the power to take your street dance skills to the next level. Don't settle for mediocrity. Unleash your street dance superpower and strive for greatness. Remember, the journey is just as important as the destination, so embrace the process, enjoy the practice, and let your passion for street dance shine.

In ,

Street dance goals can be achieved through consistent practice that focuses on specific skills and milestones. Setting realistic goals, breaking down moves, practicing in slow motion, incorporating freestyle sessions, seeking feedback, and cross-training are just some of the techniques that will amplify your progress and transform you into a formidable street dancer. Remember, your superpower lies within you, waiting to be unleashed onto the dance floor.

Author: DanceEnthusiast

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To make the fastest progress possible, you need a clear understanding of your exact street dance goals and how to achieve them. "Street Dance Goals - The Next Level" teaches you, step by step, how to select the right street dance goals for you and reach them in record time!

Whether you want to tighten up your footwork and get props at a local jam, or master your airtrack to flare combo and win an international battle, this book will help you conquer every challenge in your path!

With a foreword by Street Dance Pioneer and Strength Trainer BBoy Prizm of the legendary Ground Zero Crew, this book gives you everything you need to take your street dancing to the next level!

Barry "GRIZ" Rabkin is the founder of CypherStyles.com, the world's largest street dance source! GRIZ's lessons make it easy for beginners of all ages to quickly master advanced concepts and help experienced dancers perfect their own unique styles.

GRIZ has spent over a decade professionally performing and teaching street dance, sharing the most effective practice and training theories. His research led him to a degree in Psychology and certification as both a National Council on Strength and Fitness Personal Trainer and a Sports Nutritionist.

GRIZ has had the opportunity to learn secrets from hundreds of world class dancers and the "Super Power Practice" book series passes all that focused knowledge on to you. Take your street dancing to the next level! Join the tens of thousands of people all over the world who have already learned street dancing from CypherStyles.com!



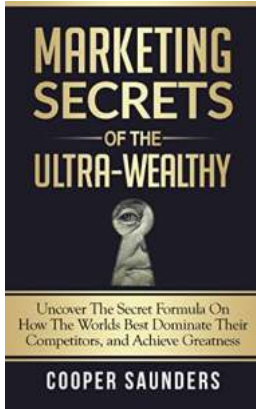
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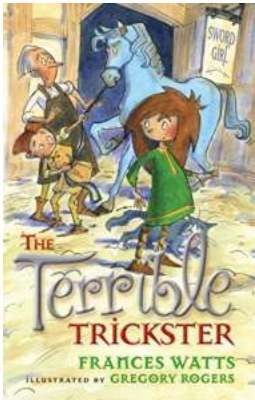
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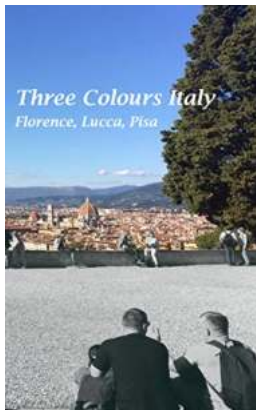
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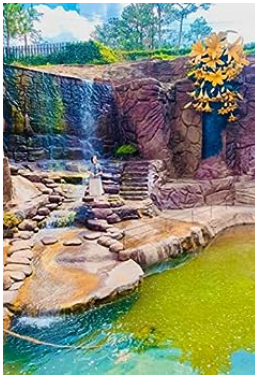
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