

# COUNTRY WEEK DANCE 2026

MON 29/6	TIME	MINS	CONTENT	GROUP 1
	10.30am - 10.45am	15	Welcome	
	10.45am - 11.15am	30	Warm up	
	11.15am - 12.00pm	45	Session 1	Musical Theatre
	12.00pm - 12.45pm	45	Lunch	
	12.45pm - 1.30pm	45	Session 2	Musical Theatre
	1.30pm - 1.50pm	20	Performance tips	
	<b>1.50pm - 2.20pm</b>	<b>30</b>	<b>Musical Theatre Showcase Competition</b>	
	2.20pm - 2.30pm	10	Cool down & day conclusion	

TUE 30/6	TIME	MINS	CONTENT	GROUP 1
	9.30am - 10.00am	30	Warm up	
	10.00am - 10.45am	45	Session 1	Commercial
	10.50am - 11.35am	45	Session 2	Commercial
	11.35am - 12.05pm	30	Choreographic Devices	
	12.05pm - 12.50pm	45	Lunch	
	12.50pm - 1.50pm	60	Rehearsal & shape	
	<b>1.50pm - 2.20pm</b>	<b>30</b>	<b>Hip Hop Showcase Competition</b>	
	2.20pm - 2.30pm	10	Cool down & day conclusion	

WED 1/7	TIME	MINS	CONTENT	GROUP 1
	9.30am - 10.00am	30	Warm up	
	10.00am - 10.45am	45	Session 1	Lyrical Fusion
	10.50am - 11.35am	45	Session 2	Lyrical Fusion
	11.35am - 12.05pm	30	Lunch	
	12.05pm - 1.05pm	60	Rehearsal & shape	
	<b>1.05pm - 1.35pm</b>	<b>30</b>	<b>Lyrical Fusion Showcase Competition</b>	
	1.35pm - 1.45pm	10	Cool down & day conclusion	
	1.45pm - 2.15pm	30	** OPTIONAL - Meet the Choreographers/Pathw	

THU 2/7	TIME	MINS	CONTENT
	9.30am - 9.45am	15	Warm up
	9.45am - 10.45am	60	Creative task
	<b>10.45am - 11.00am</b>	<b>15</b>	<b>Creative Showcase Competition</b>
	11.00am - 12.00pm	60	Closing Ceremony Rehearsal
	12.00pm - 12.45pm	45	Lunch
	12.45pm - 1.45pm	60	Closing Ceremony Rehearsal
	1.45pm - 2.15pm	30	Reflection
	<b>2.15pm - 2.30pm</b>	<b>15</b>	<b>Competition Winner Announcement</b>

3/7	TIME	CONTENT
		FREE TIME * Support other sports teams in finals

**FRI**

12.30pm

Meet in arena - warm up/get ready

1.00pm

Closing Ceremony performance

GROUP 2	GROUP 3
Musical Theatre	
Musical Theatre	

GROUP 2	GROUP 3
Commercial	
Commercial	

GROUP 2	GROUP 3
Lyrical Fusion	
Lyrical Fusion	
ays in Dance	



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