

## Exercise 1 – Alignment and Awareness

Music – instrumental 4/4 meter approx 60 beats per minute

Time – approximately 4 minutes

**Starting Position** – lying supine, knees bent and sits bones width apart, feet flat on the floor, pelvis and spine in neutral alignment.

### Part A – Bridges with Marches

Roll up from the tailbone to the shoulders and maintain the position. Have the students lift the right foot a couple of inches off of the floor. Repeat with the left side. Repeat right and left again. Roll down through the spine to the starting position. Complete 4 repetitions.

*Transition to sitting in a straddle position*

### Part B – Rib Isolations

Slide the ribcage to the right, return to center. Slide the ribcage to the left, return to center. Repeat this combination for 8 sets of right and left.

*Transition to sitting with the knees bent and legs crossed in tailor position and relax the arms by the sides*

Press the ribcage forward, return to center. Pull the ribcage back and return to center. Repeat this combination for 8 sets of front and back.

Press the ribcage forward, shift the ribs to the right, pull the ribs back and shift the ribs to the left. Repeat this combination 4 times clockwise and then reverse 4 times counter clockwise.

*Transition to standing with the legs in parallel 2<sup>nd</sup> position demi plié, hands on the hips*

### Part C – Hip Isolations

Lift the right hip, allowing the right knee to straighten as needed, return to center. Lift the left hip, allowing the left knee to straighten as needed. Repeat this combination for 8 sets of right and left.

Isolate the hips forward, return to center, isolate the hips backward and return to center. Repeat this combination for 8 sets of front and back.

Isolate the hips forward, lift the right hip, isolate the hips back and lift the left hip. Repeat this combination 4 times clockwise and then reverse 4 times counter clockwise.

### Part D – Arm Circles

Open the arms to 2<sup>nd</sup> position, allow the students to go further to the side then 2<sup>nd</sup> position, allowing the ribcage to expand and the mid and upper back to arch slightly. Cross the arms over the chest, like a hug and then open the arms to the sides. Complete 8 sets, alternating which arm crosses on top each time.

Lower the arms by the sides of the body and have the students make 4 large arm circles in each direction.

## Teaching Notes

- This exercise introduces heel lifts in the bridges and rib and hip isolations. It also changes the arm circles to standing.

## Exercise 2 – Spinal Articulation and Plié

Music – 4/4 beat, approximately 70 beats per minute

Length – 320 counts

### Starting Position

Stand with feet in parallel 2<sup>nd</sup> position, pelvis and spine neutral and arms long by the sides of the body

| <u>Counts</u> | <u>Movement</u>                                                                                                                |
|---------------|--------------------------------------------------------------------------------------------------------------------------------|
| 1-2           | Demi plié in turned out 2 <sup>nd</sup> position                                                                               |
| 3-4           | Stretch legs                                                                                                                   |
| 1-2           | Relevé                                                                                                                         |
| 3-4           | Lower the heels                                                                                                                |
| 1-4 x 2       | Repeat the plié and rise                                                                                                       |
| 1-4 x 2       | Roll down, starting with the head and moving through the spine 1 vertebra at a time                                            |
| 1-4 x 2       | Roll up through the standing position into a gentle arch of the upper back.                                                    |
| 1-4           | Arch the back as the knees plié and the torso folds towards the thighs, hands on the thighs                                    |
| 1-4           | Straighten the legs and round the back forward, release the arms towards the floor                                             |
| 1-4 x 2       | Roll up through the spine, re-stacking the vertebra 1 piece at a time                                                          |
| 1-4 x 2       | Repeat the roll down and roll up (omit the arch back) on 4 counts in each direction                                            |
| 1-4 x 2       | Repeat the arch down and roll up on 4 counts in each direction                                                                 |
| 1-4 x 4       | Repeat the 4 count series 1 more time, changing to parallel 2 <sup>nd</sup> on the last count                                  |
| 1-4 x 20      | Repeat the combination in parallel 2 <sup>nd</sup> , changing to turned out 1 <sup>st</sup> position on the last count         |
| 1-4 x 20      | Repeat the combination in turned out 1 <sup>st</sup> position, changing to parallel 1 <sup>st</sup> position on the last count |
| 1-4 x 20      | Repeat the combination in parallel 1 <sup>st</sup> position                                                                    |

### Teaching Tips

- This exercise increases the speed of the arch down roll up component.
- By changing the leg positions, the ranges of motion in the roll down and arch down will be changed.
- The changes in range of motion will challenge the students' ability to stabilize their bodies during the articulations.
- If the students are challenged controlling the movements in 8 counts, continue that timing instead of increasing the speed to 4 counts.

### Exercise 3 – Flat Back

Music – instrumental preferred, 4/4 meter, approximately 75 beats per minute

Counts – 160 counts

**Starting position** – sitting in the diamond leg position with the heels lifted. The pelvis and spine are neutral and the arms are in 2<sup>nd</sup> position. If possible, have the students sit sideways to the mirrors so that they can relate what they are feeling in their spine with what they are seeing.

#### Counts

#### Movement

|         |                                                                                   |
|---------|-----------------------------------------------------------------------------------|
| 1       | Hinge the torso from the hips maintaining the flat back                           |
| 2-4     | Pulse the torso in the flat back for 3 counts                                     |
| 1       | Round the torso forward over the feet                                             |
| 2-4     | Roll up to the starting position                                                  |
| 1-3     | Round forward over the feet                                                       |
| 4       | Lengthen the torso out and forward                                                |
| 1-3     | Pulse in the flat back position for 3 counts                                      |
| 4       | Return to the starting position                                                   |
| 1-4 x 4 | Lift the arms to an elongated 3 <sup>rd</sup> position and repeat the combination |

*Lengthen the legs long in front of the body. The leg position is parallel and legs together.*

1-4 x 4 Return the arms to 2<sup>nd</sup> position and repeat the series

1-4 x 4 Maintain the leg position and lift the arms to an elongated 3<sup>rd</sup> position and repeat the series

*Open the legs into a straddle position*

1-4 x 4 Open the arms to 2<sup>nd</sup> position and repeat the series from above in the new position

1-4 x 4 Maintain the leg position and lift the arms to 3<sup>rd</sup> position and repeat the series

*Have the students stand up, feet in parallel 2<sup>nd</sup> position, arms by the sides of the body*

1-4 x 2 Hinge the torso from the hips to take the flat back forward

1-4 x 2 Maintain the flat back and plié, at the same time lift the arms from the sides to the elongated 3<sup>rd</sup> position

1-4 x 2 Straighten the legs while maintaining the flat back

1-4 x 2 Return the body to the starting position and lower the arms back to the sides

1-4 x 4 Repeat the standing series allowing 4 counts for each movement

1-4 x 4 Repeat the 4 count series again

#### Teaching Tips

- This exercise combines flat back and rounding movements.
- The standing flat backs are given more counts which challenges the strength of the core.

### Exercise 4 – Lower and Mid Back Contraction

Music – instrumental preferred, 4/4 meter, approximately 70 beats per minute

Counts – 384 counts

**Starting position** – sitting with the legs in the diamond leg position, heels lifted, arms in 1<sup>st</sup> position

| <u>Counts</u> | <u>Movement</u>                                                                                                      |
|---------------|----------------------------------------------------------------------------------------------------------------------|
| 1-4           | Tuck the pelvis under and roll the weight back off of the sits bones. Allow the lower back to round at the same time |
| 1-4           | Rotate to the right maintaining the contracted position and round forward over the right knee                        |
| 1-4           | 4 small pulses maintaining the lower back contraction                                                                |
| 1-4           | Return to sitting upright and return back to center and gently arch the back                                         |
| 1-4 x 4       | Repeat the combination to the left, opening the arms to 2 <sup>nd</sup> position at the end                          |
| 1-4 x 8       | Repeat the combination with the arms moving from 2 <sup>nd</sup> position to in front of the shoulders               |
| 1-4 x 16      | Repeat the combination in both arm positions with the mid back contractions                                          |

*Open the legs into a straddle position*

|          |                                                                    |
|----------|--------------------------------------------------------------------|
| 1-4 x 32 | Repeat the full combination with the legs in the straddle position |
|----------|--------------------------------------------------------------------|

*Close the legs together in front of the body, legs are parallel and the feet are relaxed, arms in 1<sup>st</sup> position*

|          |                                                                                                                      |
|----------|----------------------------------------------------------------------------------------------------------------------|
| 1-4      | Tuck the pelvis under and roll the weight back off of the sits bones. Allow the lower back to round at the same time |
| 1-4      | Return to upright                                                                                                    |
| 1-4 x 6  | Repeat 3 more times, opening the arms to 2 <sup>nd</sup> position at the end                                         |
| 1-4 x 8  | Repeat the combination with the arms moving from 2 <sup>nd</sup> position to in front of the body                    |
| 1-4 x 16 | Repeat the combination with mid back contractions instead of lower back                                              |

### Teaching Tips

- This combination introduces the contraction with the legs straight and in front of the body.
- The legs straight and together may decrease the range of motion in the contraction because it changes how the pelvis moves on the thighs.

## Exercise 5 – Lateral Shift

Music - 4/4, approximately 80 beats per minute

Counts – 288 counts

**Starting position** – sitting with the legs open in a straddle, the legs are turned out from the hips, the feet and ankles are pointed and the arms are in 2<sup>nd</sup> position, palms down. The pelvis and spine are in neutral alignment

| <u>Counts</u> | <u>Movement</u>                                                          |
|---------------|--------------------------------------------------------------------------|
| 1-4           | Lateral shift to the right                                               |
| 1-4           | Shift through the center to the left                                     |
| 1-4 x 6       | Repeat 3 more sets                                                       |
| 1-4           | Lateral shift to the right                                               |
| 1-4           | Rotate to a flat back over the right leg                                 |
| 1-4           | Round forward over the right leg                                         |
| 1-4           | Return to upright by re-stacking the vertebra, one at a time             |
| 1-4 x 12      | Repeat the combination beginning left first                              |
| 1-4 x 12      | Repeat the combination on both sides allowing only 2 counts per movement |
| 1-4 x 12      | Repeat both sides on 2 counts                                            |

Stand with the feet and legs in a comfortably turned out 2<sup>nd</sup> position

|          |                                               |
|----------|-----------------------------------------------|
| 1-4      | Lateral shift to the right                    |
| 1-4      | Return to center                              |
| 1-4 x 2  | Repeat on the left                            |
| 1-4 x 12 | Repeat 3 more sets alternating right and left |
| 1-2      | Lateral shift to the right                    |
| 3-4      | Return to center                              |
| 1-4      | Repeat to the left                            |
| 1-4 x 6  | Repeat 3 more sets alternating right and left |

### Teaching Tips

- This exercise combines the flat backs with the laterals.
- The tempo of this exercise is quicker than it was in the previous lesson.
- Remind the students that the 2 count combination needs to be as controlled as the 4 count combination.

## Exercise 6 – Brush / Tendu / Plié

Music – instrumental preferred, 4/4 meter, approximately 80 beats per minute

Counts – 768 counts

**Starting position** – standing in the center with the feet in parallel 1<sup>st</sup> position, arms are held in 2<sup>nd</sup> position

| <u>Counts</u> | <u>Movement</u>                                                                            |
|---------------|--------------------------------------------------------------------------------------------|
| 1-2           | Brush the right foot forward to tendu                                                      |
| 3-4           | Transfer the weight into 4 <sup>th</sup> position plié                                     |
| 1-2           | Return to the tendu front position on straight legs                                        |
| 3-4           | Close parallel 1 <sup>st</sup> position                                                    |
| 1-4 x 6       | Repeat 3 more sets                                                                         |
| 1-4 x 8       | Repeat to the side, working through parallel 2 <sup>nd</sup> position                      |
| 1-4 x 8       | Repeat the combination to the back with the plié in parallel 4 <sup>th</sup> position back |
| 1-4 x 24      | Repeat the combination on the left side                                                    |
| 1-4 x 48      | Repeat the combination turned out on both sides                                            |

*Return the legs back to parallel 1<sup>st</sup> position as you close the last tendu*

|          |                                                                            |
|----------|----------------------------------------------------------------------------|
| 1-2      | Brush the right foot forward off of the floor – approximately ankle height |
| 3-4      | Shift into 4 <sup>th</sup> position plié                                   |
| 1-2      | Push the foot out of the plié back to the off of the floor position        |
| 3-4      | Close the foot back to parallel 1 <sup>st</sup> position                   |
| 1-4 x 6  | Repeat 3 more sets                                                         |
| 1-4 x 8  | Repeat to the side in parallel                                             |
| 1-4 x 8  | Repeat to the back in parallel                                             |
| 1-4 x 24 | Repeat on the left side                                                    |
| 1-4 x 48 | Repeat both sides turned out                                               |

### Teaching Tips

- The tempo is slightly faster than in the previous lesson.
- The weight shift now occurs after every brush off of the floor as well as the tendus.
- When pushing from the plié to the dégagé position it is important that the students push the foot off the floor with the same mechanics they use when jumping.

## Exercise 7 – Percussive Walks with Isolations

Music – instrumental 4/4 meter – 68 beats per minute

Time – approximately 4 minutes

**Starting Position** – standing in corner #6, parallel 1<sup>st</sup> position, knees bent into a demi pli , arms long by the sides of the body

The feet and legs are doing the percussive walks as described in previous lessons. Each step is 1 count.

Count 1 – turn the head to the same side as is stepping

Count 2 – turn the head to the second side

Count 3 – the head looks up to the seam of the wall and the ceiling

Count 4 – lower the chin so that the head is looking at the seam of the wall and the floor

Count 5 – lift both shoulders up towards the ears

Count 6 - lower both shoulders as far as possible

Count 7 – press both shoulders forward

Count 8 – Press both shoulders forward

Count 9 - press both shoulders forward and lift them up towards the ears

Count 10 - continue to circle both shoulders back and slide them down

Count 11 - move both shoulders back and lift them up

Count 12 - circle both shoulders front and slide them down

Count 13 – press the right shoulder forward and up and the left shoulder back and down

Count 14 – press the right shoulder back and down and left shoulder forward and up

Count 15 – press the left shoulder forward and up and the right shoulder back and down

Count 16 – press the left shoulder back and down and the right shoulder forward and up

Continue the pattern across the floor

*Traveling from corner #4 to corner #8*

Count 1 – Step forward with the left foot and shift the ribcage to the left

Count 2 – Step forward with the right foot and shift the ribcage to the right

Continue the pattern across the floor

### Teaching Tips

- The first set of isolations combines all of the movements learned previously. If the students have difficulty with the individual pattern, the combined pattern should not be attempted yet.
- The 2<sup>nd</sup> diagonal introduces ribcage movement /isolation.
- Explain to the students that the ribcage movement is the same as the lateral shifting of the ribcage that they have been working on in previous exercises.

## Exercise 8 – Triplets

Music – instrumental with a consistent beat in a 3/4 meter approx 65 beats per minute

Time – approximately 3 minutes

**Starting position** – standing in corner #6

| <u>Measure</u> | <u>Movement</u>                                                                                                                          |
|----------------|------------------------------------------------------------------------------------------------------------------------------------------|
| 1              | Triplet forward starting with the right foot, using the same arm and torso movements as in the previous lesson                           |
| 2              | Triplet forward starting with the left foot, using the same arm and torso movements as above                                             |
| 3              | Triplet turning 1 full revolution to the right, starting with the right foot, torso remains erect and arms remain in the lifted position |
| 4              | Triplet forward starting with the left foot, using the same arm and torso movements as in the previous forward triplets                  |

Continue this pattern across the floor

*Repeat the combination from corner #4, the turns will be to the left*

### Teaching Tips

- This exercise introduces triplets that make a complete rotation.
- Explain to the students the need to spot the full turn.
- Remind the students of their footwork in the triplets.
- If the students are getting confused with the turn, torso movement and arms, have them just work on the turn.



## Exercise 9 – Flick Walks

Music – instrumental 2/4 meter – 80 beats per minute.

Time – approximately 3 minutes

**Starting Position** – standing in corner #6, parallel 1<sup>st</sup>, arms long by the sides of the body

### Counts

### Movement

- |     |                                                                                                                                                                                                             |
|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1-2 | Step forward on the right foot, rolling toe, ball, heel onto the foot, at the same time push the back foot off of the floor into a low parallel back attitude. Allow the left arm to swing slightly forward |
| 3-4 | Repeat the movement on the left foot                                                                                                                                                                        |

Continue to walk in this pattern across the floor

*Beginning in corner #4 change to a jog*

- |   |                                                                                      |
|---|--------------------------------------------------------------------------------------|
| 1 | Step forward on the left foot as described above, but allowing the left knee to flex |
| 2 | Repeat the movement on the right leg                                                 |

### Teaching Tips

- This exercise introduces the idea of jogging. A jog is slower than a run.
- As the speed increases the legs will reach a lower version of their attitude position.
- In the lower position, it is still important for the thigh to be extended behind the body.
- If the students have difficulty with balance, have them try holding their arms in 2<sup>nd</sup> position.
- Have the students begin 4 counts off of each other.

## Exercise 10 – Hop Series

Music – instrumental 4/4 meter – approximately 120 beats per minute.

Time – approximately 3 minutes

**Starting Position** – standing at wall #7 in parallel 1<sup>st</sup> position

*Pathway of travel – when hopping on the right foot, curve the pattern to the right, when hopping on the left foot, curve the pathway to the left. The steps in the middle go straight. The whole sequence will make a series of scallops*

### Counts

### Movement

- |     |                                                                                                                                                                                                                                                                                                                         |
|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1   | Step forward on the right foot, on a forced arch, at the same time extend the left leg behind the body, knee straight and arms to 2 <sup>nd</sup> position. At the same time curve both arms to the right side. The left arm is rounded across the body with the palm up, the right arm is in 2 <sup>nd</sup> position. |
| 2   | Hop forward on the right foot 1 times, maintain the arm position                                                                                                                                                                                                                                                        |
| 3-4 | Hop forward on the right foot 2 times, arms lift overhead, elbows bent away from the body, palms and forearms facing the head                                                                                                                                                                                           |
| 5-6 | Hop forward on the right foot 2 times, arms curved to the left, palms facing down                                                                                                                                                                                                                                       |
| 7   | Step forward on the left foot, through the toe, ball, heel and into a bent knee, body rounds forward and arms complete the circle and end down by the sides                                                                                                                                                             |
| 8   | Step forward on the right foot as described above                                                                                                                                                                                                                                                                       |
| 1-8 | Repeat the combination beginning with the left leg. Curve the arms to the left side.                                                                                                                                                                                                                                    |

Continue this pattern across the floor

*Repeat the combination from wall # 3, starting with the left foot*

### Teaching Tips

- The students must remember to change their pathway of travel with their legs.
- Have the students begin 8 counts off of each other. They will be on opposite feet and traveling on opposing curves.
- Explain to the students that even though the pathways are curved, the main objective during the traveling is to get across the floor.

## Exercise 11 – Release and Recover

Music – instrumental preferred with a definite 4/4 meter – approx 70 beats per minute

Time – approximately 3 minutes

**Starting position** – standing in 3 or 4 lines along wall #7 with the legs in parallel 1<sup>st</sup> position, body rounded forward and the arms long by the sides

### Counts

### Movement

1-4 Run forward, straightening the body up and reaching for the ceiling with the arms

1-4 Drop the body back down while running backwards, only travel about ½ the distance backwards as traveled forwards

Repeat this series across the floor

*Begin along wall #3 in the same starting position as above*

1-4 Run forward straightening the body up and reaching for the ceiling with the arms while standing on relevé

1-4 Drop the body back down while running backwards, only travel about ½ the distance backwards as traveled forwards

Repeat this series across the floor

*Begin along wall #7 in the same starting position*

1-4 Run forward, straightening the body up and jumping up in the air while reaching for the ceiling

1-4 Drop the body back down while running backwards, only travel about ½ the distance backwards as traveled forwards

Repeat this series across the floor

*Begin along wall #3 in the same starting position*

1-4 Run forward, straightening the body up and jumping up in the air while reaching for the ceiling

1-4 Drop the body back down while running backwards, jumping in the flexed forward position, only travel about ½ the distance backwards as traveled forwards

Repeat this series across the floor

### Teaching Tips

- The release and recover is now done moving through space.
  - Remind the students of their jumping technique.
  - Encourage the students to jump straight into the air.
  - Encourage the students to test the limits of their ranges of movement and balance during the exercise.
- Dance – Teaching Beyond the Steps – Introduction to Modern ©2009 Anneliese Burns Wilson

## Exercise 12 – Stand to Sit to Stand

Music – instrumental preferred, 4/4, approx 65 beats per minute

Time – approximately 2 minutes

**Starting position** – standing in 3 or 4 lines along wall #7 facing wall #3, legs parallel 1<sup>st</sup> position and arms long by the sides of the body

| <u>Counts</u> | <u>Movement</u>                                                                                                                         |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| 1-3           | 3 walk forwards (regular pedestrian walks) beginning with the right foot                                                                |
| 4             | Turn both legs out and step into 2 <sup>nd</sup> position with the left leg, at the same time open the arms to 2 <sup>nd</sup> position |
| 1-4           | Lower the body into the seated position as taught in previous lessons                                                                   |
| 1-4           | Hold in the seated position                                                                                                             |
| 1-4           | Rise back to the standing position                                                                                                      |

Continue this pattern across the floor

*Repeat the combination traveling from wall #3 to wall #7, begin walking with the left leg*

### Teaching Tips

- This exercise incorporates the sitting and standing movements into a simple combination.
- The students have less time to prepare for the descent when it is combined with traveling elements.
- Remind the students to stay active in the seated position so that they are able to get back up off of the floor.

## Exercise 13 – Skipping

Music – instrumental preferred, 2/4 or 4/4 with a moderate tempo and strong upbeat

Time – 3 minutes

**Starting position** – standing in large circle in the middle of the room, everyone is facing to travel clockwise first

### Counts

### Movement

|     |                                                                                                                                   |
|-----|-----------------------------------------------------------------------------------------------------------------------------------|
| 1   | Step onto the right foot traveling forward                                                                                        |
| and | Hop on the right foot, bending the left knee and lifting the foot to the right knee and allowing the arms to swing in opposition. |
| 2   | Step onto the left foot traveling forward                                                                                         |
| and | Hop on the left foot, bending the right knee and lifting the foot to the left knee and allowing the arms to swing in opposition   |

Continue this pattern to complete 2-4 revolutions clockwise and then repeat counter clockwise stepping on the left foot first

Stay facing counter clockwise and have the students skip backwards for 2-4 revolutions and then turn to repeat the backwards movement traveling in the opposite rotation

### Teaching Tips

- Remind the students to work as a group, they need to step together and be in the air at the same time.
- Encourage the students to maintain their personal space during the combination..
- Working in a circle as a group will challenge their endurance because there is no break waiting for the other students to cross the floor.

## Exercise 14 – Leg Swings

Music – instrumental preferred, 4/4 approx 80 beats per minute

Time – 4 minutes

**Starting position** – standing at corner #6, legs parallel 1<sup>st</sup> position, arms in 2<sup>nd</sup> position

| <u>Counts</u>                              | <u>Movement</u>                                                                               |
|--------------------------------------------|-----------------------------------------------------------------------------------------------|
| 1                                          | Brush the right foot forward to approximately ankle height, keeping the leg and foot parallel |
| 2                                          | Brush the right foot back to approximately ankle height, keeping the leg and foot parallel    |
| 3                                          | Brush the right foot forward to approximately ankle height, keeping the leg and foot parallel |
| 4                                          | Step onto the right foot and point the left foot to the back                                  |
| 1-4                                        | Repeat the combination on the left side                                                       |
| Continue this combination across the floor |                                                                                               |

*From corner #2*

|                                            |                                                                                                 |
|--------------------------------------------|-------------------------------------------------------------------------------------------------|
| 1                                          | Brush the right foot backwards to approximately ankle height, keeping the leg and foot parallel |
| 2                                          | Brush the right foot forward to approximately ankle height, keeping the leg and foot parallel   |
| 3                                          | Brush the right foot backwards to approximately ankle height, keeping the leg and foot parallel |
| 4                                          | Step onto the right foot and point the left foot to the back                                    |
| 1-4                                        | Repeat the combination on the left side                                                         |
| Continue this combination across the floor |                                                                                                 |

### Teaching Tips

- Have the students begin 4 counts off of each other – they will be on opposite feet.
- Remind the students that they do not travel on the brushes.
- The tempo is slightly faster than it was in the previous lesson.
- More repetitions are now needed to travel across the floor.

# Lesson 8

## Classes 15 and 16

**Alignment and Awareness**

**Spinal Articulation and Plié**

**Flat Back**

**Lower and Mid Back Contraction**

**Lateral Shift**

**Brush / Tendu / Plié**

**Percussive Walks with Isolations**

**Triplets**

**Flick Walks**

**Hop Series**

**Release and Recover**

**Stand to Sit to Stand**

**Skipping**

**Leg Swings**



## Class Plan 15

**Alignment and Awareness** – demonstrate the bridge with marches, each of the rib isolations and hip isolations 1 time with music as the students watch. Talk the students through the sequence, doing the rib and hip isolations with them.

**Spinal Articulation and Plié** – demonstrate 1 set of the series in turned out 2<sup>nd</sup> position with music as the students watch. Verbalize the exercise as you complete it with the students.

**Flat Back** - demonstrate 1 set of the series in the diamond position and 1 in the standing position with music as the students watch. Verbalize the exercise as you complete it with the students.

**Lower and Mid Back Contraction** – demonstrate 1 set of the lower back contractions with the arms in 1<sup>st</sup> position in the diamond position and 1 set of the lower and mid back contractions with the legs straight, all with music as the students watch. Verbalize the exercise as you complete it with the students.

**Lateral Shift** - demonstrate 1 set of the seated combination in 4 counts and 1 set in 2 counts with music as the students watch. Verbalize the exercise as you complete it with the students.

**Brush / Tendu / Plié** – demonstrate 1 set of the degagé to plié from parallel 1<sup>st</sup> positions on 1 side with music as the students watch. Verbalize the exercise as you complete it with the students.

**Percussive Walks with Isolations** - demonstrate the 16 count combination 1 time and 2 sets of the rib isolations with music as the students watch. Be ready to vocally cue the students to keep them on the music. Have the students begin 16 counts off of each other on the 1<sup>st</sup> side. On the 2<sup>nd</sup> side have the students begin 4 counts apart from each other.

**Triplets** – break down the turning triplet to the students. Demonstrate the combination 2 times with music as the students watch. Be ready to vocally cue the students to keep them on the music.

**Flick Walks** – demonstrate 8 counts of the pattern at the jogging tempo with music as the students watch. Be ready to vocally cue the students to keep them on the music.

**Hop Series** – demonstrate the new movement pathway to the students. Be ready to vocally cue the students to keep them on the music or in the pattern.

**Release and Recover** – demonstrate each of the movement patterns once across the floor. Highlight the differences of each pattern for the students. Be ready to vocally cue the students to keep them on the music or in the pattern.

If there is time continue with the following exercises

**Stand to Sit to Stand** – demonstrate 2 repetitions of the pattern with music as the students watch. Be ready to vocally cue the students to keep them on the music or in the pattern.

**Skipping** – explain the new pathway to the students. Be ready to vocally cue the students to keep them on time.

**Leg Swings** – demonstrate the movement 1 set forwards and backwards. Be ready to vocally cue the students to keep them on the music or in the pattern.



## Class Plan 16

**Alignment and Awareness** – talk the students through the sequence, doing the rib and hip isolations with them.

**Spinal Articulation and Plié** – verbalize the exercise as you for the students.

**Flat Back** - demonstrate 1 set of the series in the diamond position and 1 in the standing position without music as the students watch. Verbalize the exercise for the students.

**Lower and Mid Back Contraction** - verbalize the exercise for the students, demonstrate only if needed.

**Lateral Shift** - demonstrate 1 set of the seated combination in 4 counts and 1 set in 2 counts without music as the students watch. Verbalize the exercise for the students.

**Brush / Tendu / Plié** – verbalize the exercise for the students.

**Percussive Walks with Isolations** - demonstrate the 16 count combination 1 time and 1 sets of the rib isolations with music as the students watch. Be ready to vocally cue the students to keep them on the music. Have the students begin 8 counts off of each other on the 1<sup>st</sup> side. On the 2<sup>nd</sup> side have the students begin 4 counts apart from each other.

**Triplets** – demonstrate the combination 2 times with music as the students watch. Be ready to vocally cue the students to keep them on the music.

**Flick Walks** – demonstrate 8 counts of the pattern at the jogging tempo with music as the students watch. Be ready to vocally cue the students to keep them on the music.

**Hop Series** – remind the students of the new movement pathway. Be ready to vocally cue the students to keep them on the music or in the pattern.

**Release and Recover** – remind the students of each of the movement patterns. Be ready to vocally cue the students to keep them on the music or in the pattern.

**Stand to Sit to Stand** – if you did not have time in **Lesson 15**, demonstrate 2 repetitions of the pattern with music as the students watch. Be ready to vocally cue the students to keep them on the music or in the pattern.

**Skipping** – explain the new pathway to the students. Be ready to vocally cue the students to keep them on time.

**Leg Swings** – if you did not have time in **Lesson 15**, demonstrate the movement 1 set forwards and backwards. Be ready to vocally cue the students to keep them on the music or in the pattern.

## **New Terminology / Movements**

**Terms are listed in order of introduction in the lesson**

- Bridge with Marches**      Execute a bridge as described in the earlier lesson, use an exhale to lift into the bridge. Inhale to lift the right foot 2-3 inches off of the floor and then lower it and then lift the left foot and lower it. Exhale and repeat 2 more marches. Inhale and roll down to the starting position. The challenge is to march without changing the pelvis.
- Rib Isolations**      Begin with the legs in parallel 2<sup>nd</sup> position, knees bent and hands on the hips. The goal is to shift the ribcage in the indicated direction without bending the torso or shifting the hips. The ribcage will shift right and left as well as forward and backward.
- Hip Isolations**      Begin in the same position as the **Rib Isolations**. The goal is to shift the pelvis / hips in the given direction without moving the rest of the body. To shift the hips to the right, straighten the right knee and the hips will move to right and lift. Straightening the left knee will cause the isolation to move to the left. To move both hips forward, tuck the pelvis under, to move the hips back press the pelvis away.
- Flat Back with Roll Down**      Execute a flat back in any of the seated positions. Begin with the top of the head and round through the neck and spine, trying to maintain the height of the body and keeping a neutral pelvis. To return to the starting position, first lengthen back to the flat back, try to maintain the height of the body, and then return the body to the upright position.
- Flat Back with Plié**      Execute a standing flat back as described in previous lessons. Maintain the position of the torso and bend the knees in a deep demi plié. Straighten the knees and return to standing. It is important that the back retain it's neutral alignment in the flat back and that the heels stay on the ground in the plié. When done correctly it may feel like the bottom is lifting up into the air during the plié. The position could be described as a ski jump position.
- Flat Back from Lateral**      Execute a lateral shift to one side sitting in the straddle position. Imagine the pinky of the bottom hand being fixed in space as the torso is rotated so that the chest is parallel to the leg in the V. The arm that was on top remains in line with the shoulder and changes position based on the body alignment. At this time, the students will round over the leg and roll up 1 vertebra at a time. .
- Dégagé Plié**      Dégagé, brush the foot off of the floor, as described in previous lessons. Shift the body weight in the direction of the dégagé and roll the foot back to the floor, going through the toes, ball of the foot, heel and then soften both knees into a demi plié in the indicated position. To return to the starting position, push the foot off of the floor, going from the heels, through the ball of the foot and pushing off the toes while at the same time shifting the body weight back onto the supporting leg. Close the leg back to the starting position.