

## Women's Artistic Gymnastics 2017 STEP 1-4 Beam Choreography

### STEP 1 Beam

Height 105cm

1. **Jump to front support showing chest rounded with hips open. Mark position** and lift head to finish. Lift one straight leg over the beam to sit in straddle with straight legs, hands on beam in front of body and head up.
2. Circle right arm forwards and upwards to brush ear and place on the beam behind the hips. Repeat with left hand.
3. Tuck knees to chest to arrive in **tuck sit** keeping arms straight, chest lifted upwards and head up. Toes pointed on the beam. Flex feet to place heels on beam and return to toes pointed on beam.
4. Straddle legs and place hands in front of hips, swing legs downward and upwards past the beam to finish kneeling with both knees on the beam. Show a dish shape with head tucked in with rounded back, followed by arched back position with head up, then return to dish position. (angry cat -happy cat shapes)
5. Point one straight leg behind along the beam establish balance and lift leg and head and arch back to a **kneeling scale (mark position)**. Raised leg minimum horizontal.
6. Bring leg back down to beam and straighten other leg to finish in a front support position, chest in.
7. Squat feet into hands and stand up straightening legs with arms by sides, finish on toes.
8. Take arms up above head and circle to side horizontal and drop heels. Rotate wrists palms upwards then palms downwards.
9. **Place arms bent behind back, step forward to lift knee to forward passé with toe to knee, step forward and repeat on other leg.**
10. Step forward and point one leg behind and take arms to forward horizontal, establish balance then take arms to side horizontal and lift back leg to **arabesque leg minimum 45° - mark position**
11. Bring back leg down and point in front and plie on base leg, bring arms down to finish crossed in front of chest.
12. Take arms to high side oblique. **Step forward kick to minimum 45°, repeat on other leg.**
13. Finish at end of beam with feet flat one in front of other (beam feet). Join hands (link fingers) and rotate hands so palms face forward to press straight arms forward horizontal. Body leans to a forward horizontal position with back straight.
14. Arms continue to move up above head as body returns to vertical hands release and finish by sides, relevé and perform a  $\frac{1}{2}$  **pivot to finish in relevé.**
15. Arms move to side horizontal as gymnast takes **2 steps forward on toes arms move to behind hips and gymnast continues to take 2 further steps on toes.**
16. Gymnast then drops heels taking arms to side horizontal. Gymnast performs a **stretched jump. Arms swing downwards beside hips and forwards upwards to vertical, hips stay open throughout.** Arms finish at side horizontal in plie with legs squeezed together. Straighten legs to finish.
17. Step forward on to toes  $\frac{1}{4}$  turn on two feet to finish sideways, join feet together and cross arms in front of chest.

18. Step to the side and join feet take arms sideways.
19. Perform a **stretched jump dismount off side of beam** arms swing downwards beside hips and forwards upwards to vertical, hips stay open throughout. Land and finish.

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## STEP 2 Beam

- 1. Jump to squat one foot on the beam head up.**
2.  $\frac{1}{4}$  turn and place hands on beam and pass through a straddle hold position (mark position) to sit on beam with straight legs.
3. Both arms circle up and brush ears to place hands on beam behind hips. Gymnast tucks knees to chest with toes pointed on beam. Right leg straightens with knees together left foot pointed on beam. Change to straighten left leg with right foot pointed on beam then change to right leg straightened with left foot pointed on beam. Leg changes to show tempo. Left leg then joins right to a **V sit – mark support position**. Gymnast straddles legs and transfers hands to in front of hips to perform a cast to front support on the beam mark shape then squat feet to hands.
- 4. Bunny hop to a tucked handstand position and return to beam in tuck shape.**
5. Straighten both legs keeping hands on the beam to show straight legs – pike stand. Gymnast curls up the body showing a rounded back shape to finish in stand with arms extended to high side oblique.
- 6. Step forward kick leg to minimum 90°, repeat on other leg, step forward kick leg backwards to minimum 45° repeat on other leg.** Arms travel down past waist to vertical on first forward kick and to high side oblique on second kick. Arm position for back kicks optional.
7. Step forward and bend base knee placing heel of front foot on the beam, arms open forwards horizontal position fingers pointing to ceiling. Gymnast points front foot and points fingers down to the floor at the same time then returns to the flexed foot and wrist position.
- 8. Join feet and relevé in 5<sup>th</sup> position moving arms to vertical. Execute  $\frac{1}{2}$  turn on two feet, bring back leg to front staying in relevé and perform a second  $\frac{1}{2}$  turn on two feet to finish in relevé.**
9. Walk forwards two or three steps on toes to the end of the beam. Point one leg behind and take arms to forward horizontal, establish balance then take arms to side horizontal and lift back leg to **arabesque leg minimum 45° - hold 2 seconds**. As leg lowers chest 'snaps up' to return body to vertical position in relevé.
- 10.** Walk 2 or 3 steps backwards on toes and  $\frac{1}{4}$  turn towards back leg.
- 11.** Bend the leg nearest the end of the beam gymnast just travelled from and put arms in opposition front and side horizontal. Push from bent leg to change legs and arms and repeat shape on other leg. Step back foot forward to continue moving in the same direction, arms at side horizontal.
- 12. Step hop with free leg in forward passe position toe to knee arm by sides, repeat on other leg.**
- 13. Perform 2 connected stretched jumps. Arms swing from beside hips forwards and upwards to vertical, returning to position beside hips after first jump. Hips open throughout.**
14. Gymnast steps forward with feet together and knees bent body dishes and arms fold over head one at a time to show round back and head in. Straighten legs to stand sharply.
- 15. Two or three running steps, 2 foot rebound take off (hurdle) to stretched jump dismount from end of beam.**

## STEP 3 Beam

- 1. Jump to squat two feet on beam**
2. Take one leg out sideways to a wolf turn preparation position – with same arm as sideways leg sideways horizontal and same arm as supporting leg forward horizontal
- 3. Place hands and beam, bring sideways leg forwards to momentary rear support position, lift body to show a clear 'L sit' lever - mark position. Lower to beam with extended hips.**
4. Lift one leg over the beam to straddle position, lift legs to a high straddle and cast with feet joining above the beam before squatting feet on to beam. Straighten both legs to pike stand and curl body upwards to vertical raising arms above head.
5. Relevé  $\frac{1}{4}$  turn and drop arms to sides. Step sideways towards the end of the beam joining feet together. Step sideways to a half lunge position bending leg nearest the end of the beam, other leg extended sideways. Take the same arm as leg out to the side and look towards the hand. Take the other arm across the body towards the extended arm so that both hands are together and then move this hand back across the body with elbow bent and lifted high and hand in front of chest. Turn palm up and continue to open arm to side horizontal. Execute  $\frac{1}{4}$  turn towards the supporting leg.
- 6. Step forward, hop with free leg at 45° to land on feet land at the same time (assemble) and execute 2 connected straight jumps showing height and extension through feet and hips. Arms swing from beside hips forwards and upwards to vertical, returning to beside hips after each jump.**
7. Spring forward onto one foot with back leg to a coupé position. Body dishes and arms push towards the beam one at a time. Feet and arms move quickly. Gymnast stands up straight with arms above head and points one foot behind.
- 8. Arms open to side horizontal and back leg lifts to arabesque 90° (hold 2 seconds)**
9. Lower back leg and step forwards to bend both knees together, back foot pointed to beam one arm bends in front of chest parallel to floor other elbow rests on free hand and flic hand in.
- 10. Point right leg forward and plie on to right leg in preparation for a turn, place toe at side of knee (side passé) mark position,  $\frac{1}{2}$  turn on supporting leg, place free foot forward on beam half turn on two feet to finish in relevé (passé turn - half turn on 2 feet)**
11. Step backwards or forwards to curtsey position take one hand behind back and the other out to the side
- 12. Arms lift to vertical and gymnast performs a  $\frac{3}{4}$  handstand on the end of the beam. (One leg must achieve vertical the other at horizontal.) OR full handstand.**

As back leg lowers chest 'snaps up' to return body to vertical position in relevé.
13. Walk 2 or 3 steps backwards on toes immediately to a curtsey - hands behind hips.
- 14. Join feet together and roll backwards to shoulder stand mark support position, roll forwards to stand.**
15. Step forwards and  $\frac{1}{4}$  turn to side to a half lunge position – opposite arm as supporting leg extended forward horizontal, other arm to sideways horizontal. Bring bent free leg in to join supporting leg so toe comes to a forward passé position and straighten leg  $\frac{1}{4}$  turn on one foot to face other direction join feet together. Execute a **split jump**
16. Spring on to one foot bring other foot in front with toe turned under both knees bent and cross arms at wrist.
- 17. 2 or 3 steps into Round off with repulsion from hands to land on 2 feet.** Gymnast may step backwards after pose so that she can take the steps into the roundoff.

## STEP 4 Beam

- 1. Facing along the beam jump to straddle lever – mark support position**
2. Lower bottom to beam and immediately swing legs downwards, backwards and upwards above beam (cast) with feet joining above the beam before squatting feet onto beam with toes turned under with hips high, back rounded and head tucked under.
3. Step forwards and bring left foot to passé knee forwards, roll right shoulder back followed by left shoulder back, leading with hips, step forward on to left leg take arms to forward horizontal back rounded knees bent together right leg pointed behind left.
- 4. Step backwards onto right leg point left foot forwards arms up perform a cartwheel with ¼ turn inwards to land.**
5. Step backwards circling arms above head behind back to finish with arms in forward horizontal left leg bent in front of right and pose.
6. Lift left straight leg to forward horizontal carry the leg to the side and back to **arabesque position at 90° (hold 2 seconds)**. Arms held sideways horizontal
7. Lower leg to curtsey position, arms low side oblique.
8. Relevé on both feet, step backwards right, left, right. ¼ turn to left standing on left leg in a half lunge with right leg pointed sideways. Arms in opposition to front leg, bend both arms in front of chest elbows together straighten arms above head to take the right arm to high side oblique and left to low side oblique – at the same time step together and step to lunge on left leg right foot pointed to side.
9. ¼ turn to right on left foot, right foot pointed forwards.
- 10. Take two or three steps into a split leap, step forwards to finish.** Take another step forward and cross hands at wrists with straight arms in front of body at low horizontal one at a time carry one arm to side and circle the other above head to vertical.
- 11. From a lunge position perform a ½ turn on one foot in high relevé, remaining in relevé place free foot in front and execute a half turn on two feet.**
12. Take one or two steps forward and swing free leg to front of body and perform a ½ turn to finish with free leg extended behind.
13. Step forward, place free leg with toes tucked under and knee bent on beam in front of supporting leg, twist hips slightly towards supporting leg so that free leg crosses over straight supporting leg, placed both hands on the hip of the front/free leg.
- 14. Step forwards into a handstand (mark support position – hold not required) step down to lunge showing ‘snap up’ of chest**
15. Take two or three fast steps forwards to a lunge with back foot pointed behind to the beam arms straight above head, body, arms, head and legs should be in a straight line. Drop back heel to secure lunge, place same hand as front leg on hip and the other arm drops forward and scoops by side to high back oblique, as arm reaches top flic fingers and lift head (demonstrated in the videos)
- 16. Join feet together and perform a straight jump connected to a split jump.**
17. Walk forwards or backwards to a dance pose then **2 or 3 steps into Round off with repulsion from hands to land on 2 feet.**

## Women's Artistic Gymnastics 2017 Floor Choreography

### STEP 1 Floor routine

Music – Polka from Faust (Rob Thaller) available free on Dance Music Database on line  
<https://graddmd.com/track/889405/tendu-1-polka-from-faust>

This is for a right leg gymnast – make alterations by changing the whole routine or start on opposite leg after the feet have been together.

1. Stand in first position with hands low oblique, head up.
2. Both arms circle in front of face upwards and down sideways to finish bent behind back, elbows out shoulders down.
3. Point right foot to side and step on to right foot and plié, point left leg to front with heel inwards and leg straight. Repeat stepping to left. Maintain turn out on both legs.
4. Step forward and joint both feet together (parallel) arms raised straight above head.
5. Swing arms forward curling body down in to a dish shape and swing arms backwards and return forwards to vertical. Show rounded body and keeping head tucked in.
6. **Forward roll** – long roll showing extended legs passing through a candle position. (not slow – preparation for dive roll) Finish standing with arms above head by ears.
7. Taking arms and head backward in a body wave type movement run approximately 6 steps forwards on toes to complete the arm circle with arms crossed at wrists over head with body in a dish shape.
8. Continue running steps turning in a  $\frac{3}{4}$  circle to finish standing smartly.
9. **Execute a cartwheel starting and finishing in a sideways position.** (continuing in the direction of the original dance.) no turn of the body should be evident during this cartwheel and very little body bend. Finish cartwheel with feet astride and arms straight above head.
10. Step on to right foot and curtsey, taking right arm to side palm turning up and left arm behind hip. Feet and knees should maintain turn out and ankles together.
11. Repeat the curtsey to the left turning body  $\frac{1}{4}$  turn to finish facing original direction.
12. Take hands behind hips and complete **2 high skips forward.**
13. Step forward to point one foot in front of other and perform **4 spring points** – gymnast springs off one foot showing extension of the base foot to land on other foot free leg pointing forward (showing turn out of feet and hips and extension of ankles). Hands behind hips
14. Join feet together taking arms out to sideways horizontal and perform a **straight jump**, arms travel down past hips up above head and finish out sideways, knees bent in parallel plie.
15. Right arm comes across body to join left then with Jazz hands circles over head to finish with both arms in high oblique, palms backwards and legs straight.
16. Put right front in front of left in releve in 5<sup>th</sup> arms above head perform a  **$\frac{1}{2}$  turn in relevé** step forwards and perform another  **$\frac{1}{2}$  turn in relevé.** Finish with feet together and arms above head.
17. Step in to a **handstand**, Snap body up and finish with feet together standing smartly.

18. **Execute backward roll tucked (arms bent or straight)** with push from hands keeping arms by ears continue into **immediate backward roll to candle stand** with arms extended straight behind Roll forward to finish in L sit arms by ears
19. With a straight back fold forward as far as possible keeping heels off the floor until chest is past the knees then gymnast rounds back and lowers to show a dish position on floor.
20. Place hands and feet ready for a bridge. **Push up to bridge position.** (Bridge should have high hips and shoulders over wrists showing shoulder flexibility) shoulder flexibility and hip flexibility is more important than showing straight legs. Feet and knees should be together.
21. Lower smartly from bridge and return to L sit heels off floor.
22. Circle right arm backward to the floor and turn body to front support on both hands.
23. Slide into right leg **splits** arms to side horizontal.
24. Turn to right to finish in a straddle sit position arms to side horizontal knees to ceiling and heels off floor.
25. Take both hands behind back and lift chest and head towards ceiling, tuck knees into chest and with only toes on floor knees right, left right to finish smiling at judges.

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## STEP 2 FLOOR ROUTINE

Music Centre Tendu – Polka (Rob Thaller) cut at 1.23

<https://graddmd.com/track/889429/centre-tendu-polka?autostart=true>

1. Start standing in first position arms low side oblique. When music starts arms lift to horizontal and gymnast breathes in and lifts chest and head.
2. Folding from the waist with a straight back gymnast bends forwards towards the floor and circles arms down to brush the floor and cross as the body dishes and curls up to vertical arms continue to circle to side finish behind the hips.
3. Point right foot to the side and curtsey taking right arm to side horizontal palm turning up and left arm behind hip, repeat the curtsey to the left. Feet and knees maintain turn out and ankles together.
4. Step onto a flat right foot bending the knee, both arms scoop in front of body and out forwards and for a forward side horizontal palms up whilst gymnast changes on to back left leg on the toe with straight knee (ball change) and again steps forward on to a flat right foot with knee bent Repeat 4 times
5. **Step forwards and chasse step hop with free leg forward horizontal – leap onto second leg to land in arabesque position, hop on supporting leg, rear leg above 45°.** Leg below 45° (0.1/0.3)
6. Gymnast steps back on to left leg and pliés and points right leg to front, arms circle up around and backwards to finish crossed in front of chest.
7. With arms at low oblique gymnast steps forward onto flat right foot picking left leg up to passé position toe to above base knee and knee pointing forward. Repeat this 3 times. Right, left, right
8. On last step gymnast drops right heel and bends base knee pointing left leg in front arms in diagonal opposition right arm low oblique forward and left arm high oblique back.
9. Step on to left foot and repeat walks 3 times, left, right, left this time with free knee in a sideways passé position, arms held in fifth above head.
10. After third walk gymnast drops heel and bends base knee taking right leg to side to point to the floor right arm low side oblique above leg and left arm high side oblique. Take a small step to the right join feet together with knees bent arm straight in front of body crossed at wrists. Take a small step to the left join feet and bent knees and place hands behind hips, elbows out.
11. **Gymnast steps forward to perform a handstand forward roll.**
12. On completion of the handstand roll arms are held vertical and palms out gymnast flicks palms in and out. (music allowing this will give gymnasts time to slow down or catch up if they are out of time with music.)
13. Step forward through plié in 4<sup>th</sup> onto right leg arms travel left across the body to finish with left arm in a first position and right arm to side horizontal. Repeat the step on to left leg with arms swinging down to right and back up so right arm finishes in first in front of body and left arm at side horizontal.
14. **Point right leg forward and plie on to right leg in preparation for a turn pull up on to relevé on right leg with left leg in forward passé – toe to knee, half turn on one leg. Place left foot in front to 5<sup>th</sup> position in relevé and perform a half turn on two feet. Arms carry sideways then above head in turn to fifth position.**
15. Step forwards on right leg point left leg to front and plié base knee. Hands travel backwards and sideways to finish behind hips hold pose.

- 16. Perform 4 spring points followed by 2 straight jumps and a jump with ½ turn (180°) arms circling above head out to sides and down to repeat on each jump.** After landing last jump gymnast relevés on two feet to pose with right arm vertical and left arm side horizontal.
- 17. Cartwheel front to side, cartwheel side to back (¼ turn in) finish with arms by ears and hips open.**
- 18. Backward roll to pike stand up** through a dish shape with arms finishing vertical above head. Bend at the hips towards the left keeping back straight and arms out in front with Jazz hands body travels towards the right side and stand up with arms by sides.
- 19.** Step ball change to the left arms in 4<sup>th</sup> position repeat to left.
- 20.** Chasse join feet together and execute a **split jump**.
- 21. Handstand - limber to bridge push through shoulders to stand ups**
- 22.** Step backward and kick behind repeated on other leg, finish kneeling on one leg, **slide front leg into splits arms held sideways, turn to show splits on other leg show with arms held sideways.**
- 23.** Turn to join feet in a tuck position hands on the floor behind hips, show a straddle with high feet finish with right leg bent toe pointed to floor left leg turned out in a side passé position with left ankle on right knee. Head lifted towards the judge to finish.

STEP 3 FLOOR CHOREOGRAPHY – ROB THALLER CENTRE POLKA cut at 1.23 minutes

<https://graddmd.com/track/889429/centre-tendu-polka?autostart=true>

1. Stand in first position arms low side oblique, when music starts arm lift to horizontal and gymnast breathes in and lifts chest and head.
2. Folding from the waist with a straight back gymnast bends forwards towards the floor and circles arms down brush the floor and cross as the body dishes and curls up to vertical arms continue to circle to side finish behind the hips.
3. Point right foot to the side and curtsey taking right arm to side horizontal palm turning up and left arm behind hip, repeat the curtsey to the left. Feet and knees should maintain turn out and ankles together.
4. Gymnast then steps on to a flat right foot bending the knee, right arm scoops in front of body and out forwards and for a forward side horizontal palms up whilst gymnast changes on to back left leg on the toe with straight knee (ball change) and again steps forward with  $\frac{1}{4}$  turn on to a flat right foot with knee bent Repeat 4 times for complete circle on the spot
5. **Step forward and join feet together and perform from two feet a hurdle round off rebound.**
6. Gymnast steps back on to left leg and pliés and points right leg to front, arms circle up around and backwards to finish crossed in front of chest.
7. **Step forward and perform a chasse - split leap immediate step hop with front leg forward minimum horizontal.**
8. With arms at low oblique gymnast steps forward onto toe of right foot flat picking left leg up to passé position, toe to above base knee and knee pointing forward. Repeat this 3 times. Right, left, right, these walks should be snappy and very limited travel.
9. On last step gymnast drops right heel and bends base knee pointing left leg in front arms in diagonal opposition right arm low oblique forward and left arm high oblique back.
10. Step on to left foot and repeat walks 3 times, left, right, left this time with free knee in a sideways passé position, arms held in fifth above head, these walks should be snappy and very limited travel.
11. After third walk gymnast drops heel and bends base knee taking right leg to side to point to the floor right arm low side oblique above leg and left arm high side oblique. Take a small step to the right join feet together with knees bent arm straight in front of body crossed at wrists. Take a small step to the left join feet and bent knees and place hands behind hips, elbows out.
12. **Step into a handstand prop forward roll.**
13. Step through 4<sup>th</sup> position in plié arms circle backwards to finish parallel in front of shoulders, arms lift above head as gymnast performs a half turn backward to finish with arms ready for a turn in 3<sup>rd</sup> position
14. **Execute a full turn (360°) on 1 foot.**
15. From turn take an immediate step forward to plié on one foot with other leg pointed to front, arms bent behind hips.
16. **Step onto one-foot swing free leg forward and execute a  $\frac{1}{2}$  turn on toes with free leg finishing in arabesque (fouetté turn) step forward and repeat on other leg. Leg below 45° (0.1/0.3)**

17. Step forward to join feet together bend knees, arms held at a wide forward horizontal position fingers pointing down towards the floor.
18. **Cartwheel front to side, cartwheel side to back (¼ turn in) to finish with hips and shoulders open**
19. **Backward roll to front support (passing through handstand is acceptable) arms straight.**
20. Pull feet pointed into half tuck position keeping hips high and head tucked in with rounded back. Jump feet to a wolf turn preparation position arms at horizontal in opposition to bent base knee. Gymnast turns body towards bent base leg with opposite hand coming to the floor roll to a straddle position with feet in air, continue to roll and bend one leg to finish in a high kneeling position and stand up.
21. Step ball change to the left arms in 4<sup>th</sup> position repeat to left.
22. **Chassé, join feet together and execute straight jump connected to a split jump.**  
Lift one leg and perform a small assemblé to the side to finish with feet parallel, knees bent both hands on knees head up, repeat assemblé to the other side to finish with one arm to vertical and other to side horizontal, relevé to finish.
23. **Step forward lift leg high into a back walkover to lunge position,** step back to finish with feet in coupé position arms circle behind back to finish bent behind hips
24. Perform 4 jette coupes each finishing in coupe, step forward and skip with high knees x 2 arms in opposition – opposite arm forward to raised leg
25. Step forward and execute ½ turn joining feet together and continue with another ½ turn on both feet (chainé turn) to complete 360° turn using head to spot direction on last step join feet together bend knees and cross arms over chest head lifted to finish.

## 2017 Step 4

Floor Choreography – 1.29 Debiles Mazurka from Coppelia – cut at 1.29

<https://open.spotify.com/track/0BmJAcvZLZrPtntoTzg5p>

(Left foot dance) Legs can be changed either totally for the routine or whenever feet join together prior to skill eg turn.

1. Stand with left foot in front in 3<sup>rd</sup> position arms by sides
2. Place hands with fists on hips with shoulders turned right shoulder forwards
3. Step on to left foot and heel dig right foot with flexed foot hop on left foot, shoulders twist in towards right leg
4. Repeat heel dig on left foot with arms coming behind head with elbows out. Shoulders turn towards left leg
5. Step on to left leg and hop with right leg in an arabesque position arms side horizontal
6. Step on to right leg and swing left forwards and bent hop on right leg and join heels together with both knees bent and turned out. Land on right leg.
7. Step onto left leg having turned a ¼ turn to right and ball change right arm in 5<sup>th</sup> and left in bras bas, repeat ball change to right arms changing with legs.
8. Step on to left foot and ¼ turn to face diagonally to the opposite corner of the floor right foot placed next to left on toe. Bend both knees and half body wave to the floor taking arms down towards the floor and scoop with fingers pointing down to floor dish body up to finish with knees bent back arched with shoulders down and head up and arms wide forward horizontal fingers pointing to floor.
9. **Step forwards join feet together and execute a two foot takeoff hurdle into round off flic flac rebound.**
10. Place left hand on hip and right arm out across front of chest palm up and carry it out sideways towards the right, repeat with left arm – body leans towards the direction of the arm held out. Whilst doing this perform a step ball change on right leg turning half a turn, then a step ball change on left turning ½ a turn.
11. **Join feet together and perform a backward roll to handstand. Finish with feet together.**
12. **Chasse into split leap - split leap** (steps may be added if needed before or after chasse). Travel towards corner parallel to side of floor.
13. Step on to right leg passing through plie in 4<sup>th</sup> position arms lower to sides and finish with straight arms at forwards horizontal crossed at the wrists.
14. Step on to left leg and spring onto right leg to a side lunge left hand on hip, right arm to high diagonal oblique. Right knee bent, left leg straight to side knees pointing upwards.
15. Bring left leg in and stamp foot on toe next to right foot. Then stamp 4 stamps right, left, right, left. On the last stamp the right arm comes across the chest, elbow tucked into body and fist at left shoulder.
16. **Point left leg forwards step into lunge position, pull up onto toe and execute a full turn with right leg at passe above the knee. Arms overhead - 5<sup>th</sup> position.**
17. Step forward on right leg and hop, left leg swings up to 45° then bends in to passé position hands behind hips, step forward to join feet together.
18. Spring off both feet raising left leg behind to land on one foot travelling towards the right, step join feet together spring off both feet raising right leg behind to land on one foot travelling towards the left - arms in sideways opposition horizontal.

19. Step forwards on right leg heel dig with left leg small hop on right, bring left knee turned in across right toes turned under both knees bent. Join feet with knees bent hands behind hips rise on toes and take heels out to a duck toe position (toe facing together and heels turned outwards) and 'click' heels together and straighten knees.
20. Take a large step forwards onto right leg on a bent knee bring left leg in to side of right both knees bent. Arms travel past hips to forward horizontal head in and rounded back. Take a large step onto left leg arms scoop across chest and present towards second position with the arms palms up.
21. Run forwards 4 steps on toes bringing arms down past waist and right to vertical and left to side horizontal finish on relevé.
22. Step forward into **forward walkover** to finish with free leg elevated. Step forward onto left leg bent and turned out, right leg to side and with flexed foot arms folded right on top of left parallel to floor body bent towards right. Step on to right leg turning back to originally direction.
23. Step onto right leg arms come past waist and point to floor, back rounded, head in arms and body circle to a vertical position to finish with left leg lifted, continue into a **backward walkover**, showing 180° split finish in lunge.
24. Step back onto right leg on relevé with left leg lifted to 45° arms press forwards to a wide forward horizontal position with fingers down.
25. Take arms backwards circling behind back to finish elbows out with feet in a coupe position right behind left.
26. Step back onto (pas de buree) step behind side and across to return to coupe.
27. **Step onto left leg and perform hop with ½ turn (fouetté hop), step forward and perform a second fouetté hop turn on right leg.**
28. **Chasse forwards, join feet together and execute a jump with 360° turn.**
29. Step forwards on left leg arms raise to vertical, point right leg to side and lower to a wolf turn position, left leg arm forwards perform a half spin on supporting leg
30. Place both hands on floor and kick left leg behind change legs so right leg tucks under body on front of foot, left leg pulls back straight behind hip. Right arm pulled back to high oblique, mark position
31. Place both hands on floor behind and bring legs to a high straddle position cross right leg over left and pass through kneeling to stand on right leg with left leg pointed to back, left arm forwards horizontal and right arm in side horizontal, facing towards the corner
32. Half turn backwards on the right leg to face diagonal
33. **Short run into a high dive roll**
34. Step forwards on left leg through plie in 4<sup>th</sup> and finish with right arm to vertical, left arm to side horizontal – head up.