

## MODERN CLASS SUGGESTIONS

### FLOOR WORK:

- Rolling on the floor: Begin on the side of the room
  - Roll on stomach with head releasing, come to sit up and stretch any way
  - Begin in plank, drop hip, and roll to a stretch position
  
- ROCKING
  - Indian - Rock to the L 4X, Center 4X, R 4X
  - 2<sup>nd</sup> – Repeat rock to the L 4X, Center 4X, R 4X
  - Parallel – Over curve rock with arms
  
- SPIRAL in INDIAN
  - Swing to Right with arms wrapping body (RLR) then up and over
  - Bend to the side allowing for the hand to skim the floor (RLR) then swing around to the other side
  
- CONTRACTION IN BUTTERFLY
  - Palms on knees
  - Roll down 4cts and 4 cts
  - Contract back 4ct and release up 4 cts
  - Arch up 4cts and recover 4cts
  - REPEAT 2 cts then 1 ct
  
- SIT PARALLEL
  - Undercurve with R arm as foot flexes and points (8XR, 8XL, Alternate R&L, both feet and arms 8 X)
  
- HAWKINS PSOAS WORK:
  - Toes touch the floor alternating (back stays flat with gluteus NOT help, abs tight)
  - Both feet flat – R leg to chest, extend along the floor, brush up to ceiling, lower down, back into chest, and foot flat – REPEAT on L
  
- ‘X’ work:
  - Reach with L arm across the body to R (feel stretch in the L hip, flop down), return with the pull of the foot rotating – 8 cts, 4cts, 2 cts
  - Contract to the right into the fetal position – open up to a “C” – contract again – extend back out into the “X” toes feeling the pull and spine flat  
REPEAT LEFT
  
- STRETCH TO STANDING

STANDING WORK: (could do this in a circle)

- ROLL DOWN: Roll down with pli , straighten, repeat, tuck, shoot out to 11 plank, down dog, bend knees, walk back and roll up REPEAT
- RUNNER’S STRETCH / DOWN DOG Runner’s stretch and tread legs
- PLI  Parallel– 2 cts down and up, relev  up and down
- TENDU parallel – tendu, flex, tendu, point, 2 X tendu REPEAT LRL
- DEGAG  – Degag  out lower to 4<sup>th</sup> push off close 2X degage, 2<sup>nd</sup> time with upper body curve
- DROP SWINGS:
  - Forward and up suspend
  - Side to side
  - Wrap around body like scare crow
  - Monkey Swings
- MONKEY SWINGS:
  - Swing arms R&L, get lower to the floor, add a ball change to the right REPEAT SWING and go left – then make it a turn instead of ball change

ACROSS THE FLOOR:

- Leg swings across the floor – Front, Back, Front, Step
- Prances
- Triplets – Front RL, Turning, Sideways
- Pique up basket toss drop sideways
- Chass  jump parallel 90 degrees
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IMPROV:

- WALKING: Different directions, forward and backward, with and without and partner, change of timing, go to the floor in 8 cts, etc....
- Circle body beginning with head to toe – any way desired
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