

Modern Exercises – Warm Ups

Standing Exercises

Roll Downs - 1st, 2nd, 4th Position R& L

Roll down for 8 counts

Plies 4 times

Roll up for 8 counts

*Repeat exercises, dividing each set by 2 – Roll down for 6 counts, 4, 2, 1; 3 plies, Roll up 6 counts, etc.

Syncopated “Pushes” - FEET

Lift Heel 1, Point ankle/lift 2, place ball of foot on ground 3, lower heel 4

Repeat Left side

Press R foot to point for 8 counts, repeat L

Parallel tendus en croix

Leg Swings

Tendus front and back – 1- 4

Degage front and back – 1-4

45 degrees front and back – 1-4

Attitude front and back – 1-4

Tendus front and back 4x,
Degages front and back 4x,
Lift to 45 degrees front and back 4x,
Attitude front and back 3x,
Releve on 7,
Step on 8
Repeat with left

Same combo as above, but on the attitude they circle all the way around and close before starting the second leg. Put together the forwards and back into a combo, so it goes – R fwd, L across, R across, L back

Standing Side Curve

Reach R arm to R side, 1-2

Add Left arm over head 3, 4

Drop in plie with contraction, 5, 6

Fast Right arm circles left side to right side and stand, 7, 8

Repeat Left side

Body Drops

Double swing arms front and back with plies - 8 counts

Add body drop forward - plie contraction, 8 counts

Add releve in contraction, 8 counts

Add jump, releve, jump, releve, 8 counts

- later add, jump, jump, jump, jump

- shorter exercise -

o 2 arm swings, 2 body drops, 2 releves, 2 jumps

Sitting Exercises

Pike, Butterfly, Straddle - counts similar to Roll Downs

Roll fwd 8, 6, 4, 2, 1 (contraction)

Reach (tiny pulses) 4, 3, 2, 1

Roll back up 8, 6, 4, 2, 1

*do the series in each position - pike, butterfly, straddle

"Wave" - Butterfly and Pike in 3's

Flat back (tilt) fwd - 3 counts

Curve - 3 counts

Straighten to Flat back - 3 counts

Flat back up - 3 counts

*pike - add pointed and flexed feet (point on flat back, flex on curve, point on return)

Sitting Side Curve #1

Sit criss-cross, palms open on either side

Slide R 8 counts

Return to vertical 8 counts

Repeat Left

*this is a warm up

Sitting Side Curve # 2

Slide R, 4 counts

Left arm curves over head, 4 counts

Round fwd, 4 counts

Roll to vertical/through spine, 4 counts

Repeat Left side

**when teaching qualities of movement, add qualities to the above exercises!*

Locomotor Movements

Walk

Walk with head down and up

Walk with body drops down and up

Prance

Triplet

2nd position plie turns

Skip using opposition arms

Legs/Across the Floor Progressions

Level 1: step, tendu, step, step -arms behind back (Can perform parallel forward or can do in 2nd position, turning towards each wall)

Level 2: add arms in 2nd position

Level 3: add 2nd pos. battement

Leg Tilt -

Level 1: same as above, except add arms on diagonal

Level 2: add leg in 2nd position with body tilted

Level 3: add releve

Level 4: add jump

Spirals

Sit in Z-sit

Move: hips, ribs, shoulder, head

-isolate, then make them smooth

Alpha Map

Create capital letter of first name - becomes the path of the movement

Have to utilize 4 different locomotor movements in it

Create 1 different leveled shapes between each movement

OR

First locomotor could be - run, skip, walk, and have to roll into a low-level shape on the floor

Next could be - turn, strike, triplet and swing into a mid-level shape

Last could be moving sideways or backwards and turn into a high-level shape