

Modern Roll Downs – Warm Ups

1st, 2nd, 4th R&L

Roll down for 8, 6, 4, 2, 1

Plies 4, 3, 2, 1

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

Pike, Butterfly, Straddle

Roll fwd 8, 6, 4, 2, 1

Reach 4, 3, 2, 1

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

“Wave” – Butterfly and Pike in 3’s

Flat back (tilt) fwd

Curve

Straighten to Flat back

Flat back up

*pike – add pointed and flexed feet

Syncopated “Pushes” - FEET

Heel 1, lift 2, ball 3, heel 4

Repeat Left side

Press R foot for 8 counts, repeat L

Parallel tendus en croix

Leg Swings

Tendus – 1, 2, 3, 4

Degage – 2, 2, 3, 4

45 degrees – 3, 2, 3, 4

Attitude – 4, 2, 3, 4

Sitting Side Curve #1

Sit criss-cross, palms open

Slide R 8 counts, Vertical 8 counts

Repeat Left

*this is a warm up

Sitting Side Curve # 2

Slide R, 4 counts

Left arm curves, 4 counts

Round fwd, 4 counts

Roll to vertical, 4 counts

Repeat Left side

Standing Side Curve

Reach R, 1, 2

Left arm, 3, 4

Drop in plie, contraction, 5, 6

Fast Right arm, 7, 8

Repeat Left side