

# INTRO TO MODERN

Everything to the Right and Left Unless Specified

## **FLOOR WORK:**

X-roll- Lay in an X position on the floor, initiate with right arm to roll to belly, then left leg initiates to roll to X position. SURRENDER INTO FLOOR

Leg Swing- begin laying on back with feet flat on floor, knees initiate to side then leg fully extends and circles to side. PENDULUM

Body Half- Begin laying in X position, arms and legs mirror one another to roll to one side, keeping head on the floor. ASYMETRY

## **CENTER WORK:**

Drop Swings- Standing with feet shoulder width apart; use the breath to release and recover  
RELEASE

C-Curve- from all fours in neutral position, articulate the spine to a C shape with an exhale, release, roll to standing, articulate to c curve in standing, release. CONCAVE

Undercurve inversion- From standing, undercurve to place hands on floor, while shifting weight of pelvis over hands and lifting bent legs into vertical. FINDING PLUMLINE.

## **ACROSS THE FLOOR:**

Saute prances- Quicker prances that roll through the feet. BOUYANT.

RUN- Demonstrate both a pedestrian and then a traditional run GRAVITY AND PROPULSION

Passe saute with chasse- Chasse left, passe the right leg and saute to face upstage (repeat L).  
SWING.

TRIPLET- a triplet is made of three steps with alternating feet. The first step is with a bent knee and the next two steps are with straight knees causing a down, up, up movement in 3/4 time musically or on 3 beats of music. RHYTHM

Jumping and turning sequence- Jump 3x with feet in the parallel position on 4th beat jump once with a quarter turn. Repeat sequence three times to return to the front, then repeat again with a half turn and a full turn. Aerial Direction Change.