

Technical Strand: Grade 2

Exercise 4: Circling Torso

BPM: 50

Accepted BPM range: 47-53

Intention: To find fluidity and mobility in the joints

Beat / Bar	Support	Leg gesture / direction	Arm/ Head Gesture	Torso	Guidance
Starting position	Feet in parallel, facing DS		Relaxed arms hanging by sides	Neutral	
1 (2, 3)			Circle the R elbow front to back – R hand connected to R shoulder. Relax the head and neck	Spine reacts naturally	Keep the pelvis as still as possible to allow the torso to move on top of its base
2 (2, 3)			Circle the L elbow		
3 (2, 3)			Circle the R arm		
4 (2, 3)			Circle the L arm		
5 (2, 3), 6 (2, 3)	Shift the weight to	Lift the R foot	Move the arms	Spine comes to neutral	

	the L foot	alongside the L knee – R knee directed to DS	through 1 st to 5 th position		
7 (2, 3)	Bring the weight back to two feet	Lower the R foot to parallel and bend the legs softly	Arms open through 2 nd to drop down	Drop the torso all the way over the legs	
8 (2, 3)		Stretch the legs	Bring the arms back up to 2 nd position	Roll up through the spine swiftly	
1 (2, 3), 2 (2, 3)	Shift the weight slightly over to the R foot at the last moment			Tilt the torso to the R	
3 (2, 3)		Step the L foot into parallel facing SR – legs are bent	Take the L arm over the top to drop both down towards the floor, head is relaxed	Move through a curve and relax over the legs	
4 (2, 3)		Stretch the legs	Keep the arms relaxed	Roll up swiftly through the spine to neutral	
5 (2, 3), 6 (2, 3)		Lift the heels			
7 (2)		Lower the heels			
(3), 8 (2, 3)		Turn out the feet to 1 st position R then L			
1 (2, 3)	Drop the pelvis to shift US	Slide the R foot sideways into a deep	Open the arms to 2 nd		We are trying to find a feeling of

		2nd position			opening the entire body and making the shifts as big as possible
2 (2, 3)	Bring the weight to two feet	Close the L foot to parallel to face US	Lower the arms – a slight sense of swing		
3 (2, 3), 4 (2, 3)	Repeat the shift and close to face DS				
5 (2, 3), 6 (2, 3)	Repeat the shift and close to face US				
7 (2, 3), 8 (2, 3)	Repeat the shift and close to face DS				
Repeat all on the other side					