

Technical Strand: Grade 4

Exercise 12: Mid Jump

BPM: 102

Accepted BPM range: 97-107

Intention: To use elevation to shift across the space and to play with rhythm

Beat/Bar	Support	Leg gesture and/or direction	Arm/Head gesture	Torso	Guidance
Starting position	Begin in a corner of your choice, feet in parallel, facing the next corner (clockwise)		Arms relaxed hanging at sides	Neutral	Notice the other dancer/s in the space throughout
1, &2		Step down onto the R (bend R leg), pad up onto the L ball of foot, pad down onto the R (bend R leg) – this has a bouncy feel and should travel	Swing the arms naturally		
&3		Run L R			
&4	Push off of the R leg and come back to two feet	Brush L leg through to front, join feet in the air and land in parallel			
5-8		Repeat first four counts			

		- try to reach the corner by this point			
1-4	Soften the body to the floor to roll	Maintain current facing and roll on back towards next clockwise corner – tuck R foot to roll and stand up on R	Use the hands to assist and ensure the head is in contact with the floor during the roll	Spine reacts naturally	
5, 6		Run backwards towards corner (on line of travel) – facing the corner just reached	Swing arms naturally	Neutral	Try not to let the pelvis lead this
7, 8	Push off of R leg into the air and bring weight back to two feet	Step back on R to cut underneath and brush L leg to the side – join legs and ¼ turn to L in the air, land parallel facing next corner			
Repeat all to return to original corner					
Repeat all on the other side starting on L foot and moving anti-clockwise					