

## Technical Strand: Grade 6

### Exercise 5: Floor Twists

**BPM:** 111

**Accepted BPM range:** 105-117

**Intention:** To find spirals through the body initiated by varying body parts, and to soften into the floor

Beat / Bar	Support	Leg gesture / direction	Arm/ Head Gesture	Torso	Guidance
Starting position	Sitting facing DS	Legs extended	Arms relaxed by sides of the body	Elongated spine with a soft chest	
1, 2, 3	Weight shifts to the L side of the hips	Legs remain heavy on the ground and react to movement of upper body	L hand touches the floor and takes some weight. R arm throws across the front of the body to reach towards USL	Torso follows R arm	R sitz bone is allowed to lift from the floor slightly in order to create more movement in the upper body
4, 5, 6	Weight shifts to the R side of the hips	Legs remain heavy on the ground and react to movement of upper body	R hand touches the floor and takes some weight. L arm throws across the front of the body to reach towards USR	Torso follows L arm	L sitz bone is allowed to lift from the floor slightly in order to create more movement in the upper body

1, 2, 3	Weights transfers onto both arms and front of the body	L leg stays elongated and on the floor. R leg bends	Both hands reach to the floor behind the body. Arms takes the weight of the upper body. Head follows and ends facing US	Torso spirals towards the L shoulder and body lowers to the ground	This movement should be initiated in the torso and followed by the lower body
4, 5, 6		R leg feeds in between the floor and the body towards SR. L leg remains on the ground but folded behind	R hand stays in contact with the floor	Torso comes up from the ground	
1, 2, 3	Weight shared between arms and ball of the R foot (similar to a plank position)	Toes of the R foot push on the floor to extend the R leg- L leg circles behind the body, folded at knee	Both hands are on the floor and the arms push up	Pelvis and centre of the body lift up from the ground	
4		L leg feeds through back into the floor, towards the DS		Body starts to shift back into the floor	
5		R leg reaches across towards SL			
6		L leg joins R leg. Both feet planted on the floor, knees bent		Left side of torso touches the ground	
1, 2, 3	Weight shared between	Back of the legs engaged in	R arm circles above the	Pelvis is lifted	

	shoulder blades, back of the head and feet	order to lift pelvis, feet towards SL	head in contact with the floor. Arms finish extended to the sides of the body, head towards SR		
4, 5, 6			3 brushes on the floor- R arm down and L arm up, L arm down and R arm up, R arm down and L arm up. Arms stay always connected creating a long line between the fingers and across the chest.		
1, 2, 3	Using the arms to support, create a spiral of the back with the pelvis passing above the R arm		R arm remains down and in contact with the floor. L arm can shift however needed in order to execute the movement	Pelvis shifts over the R arm and lowers to the ground	
4, 5, 6	Body transitions to a seated position with legs folded	Both legs are bent at knee height behind the body. Legs circle initiating a spiral and finishing folded to face DS with	Allow arms to adjust as needed and follow the spiral initiated by the legs	Torso comes up from the floor	

		knees up and soles of the feet touching the ground for a split moment			
1	Shift weight onto R side of the body	Legs drop to the R towards US	R arm reaches the floor towards US and folds in order to lower the body down	Torso lowers to the ground	
2, 3		L foot finds a connection to the floor	L arm reaches away from torso and circles over the head in contact with the floor. Once the back finds the floor, R arm extends to the side	Back touches the floor	Head should be towards SL and feet towards SR
4, 5, 6		R leg crosses over L leg and reaches down towards DSR. L leg relaxes on the floor		Torso remains on the floor, spiralling in opposition to the legs. R side of the hip is off the floor	This movement should feel like a nice stretch across the body
1, 2, 3, 4, 5, 6	Weight shifts from back of the body to front of the body and direction changes so the head directs towards DS	L leg reaches across the body all the way towards USL as close to the ground as possible. On 6, the toes can engage and push	Arms stay for 1,2, and swipe the floor on 3,4,5. On 6, R arm is folded next to head with elbow lifted. Head is towards R	On 6 the pelvis starts to reach up	This movement has a windmill sensation

		against the floor	hand		
1, 2, 3, 4, 5, 6	Weight will shift through the spine finishing on the sitz bones facing DS	Legs remain relaxed over the head during the roll and finish extended towards DS	R arm and L shoulder push the floor in order to create space for the head to tuck in. Head stays close to the knees. At the end of the roll, arms are relaxed by the sides of the body	Torso is curved with a soft chest during the roll. At the end, torso is elongated with a soft chest.	Roll forward through the spine and through the L shoulder
Repeat all on the other side					