

Technical Strand: Grade 8

Exercise 9: Travel Sequence

BPM: 91

Accepted BPM range: 86-96

Intention: To embody different dynamics and qualities in order to move across the space, paying special attention to the textural qualities of the upper body

Beat/Bar	Support	Leg gesture and/or direction	Arm/Head gesture	Torso	Guidance
Starting position	At USL, facing USL, feet in parallel		Arms relaxed at sides	Neutral	
1 (2)	Step back on the L leg, step back on R leg		Shoulders roll front to back making a full circle		
2 (2)	Stand on R leg with bent knee, turned out	Brush L leg to bent elevated position at the back, in turn out	Arms swing to 3 rd position	Focus is to the corner and drops forward slightly as the torso hinges slightly forward	
3 (2)	Shift onto bent L leg landing in parallel 2 nd facing USR corner	R toes remain on the floor, leg lengthens	L shoulder rolls front to back	Ribcage shifts to L	

4 (2)	Shift onto bent R leg, weight then shifts onto L	L toes remain on the floor and leg lengthens; weight then shifts to L foot	R shoulder rolls front to back	Ribcage shifts to R and back to centre	
5 (2)	Step R L to DSR into deep parallel lunge	Both legs are bent	Arms draw a clockwise circle in front of the body – R arm reaches across the body to lead and end with R underneath and L on top with palms facing one another		Pelvis drops
6 (2)	1 1/4 turns to the R on the ball of the L foot	R foot lifts to the L knee, leg is bent and turned out	Arms straighten above the head		
7 (2)	R leg lands, both bend in 2 nd position, transfer weight onto R foot	L leg extends back and circles to USL – body pivots around to L on R foot	R arm reaches down and starts to lift	Torso rotates through an arch	
8 (2)	L foot plants in 2 nd position to USL with body facing DSL corner		R arm completes circular motion to reach to USL and continues down and towards DSR	Torso follows journey of the R arm	
1 & (2)	Step R and hop making ½ turn to R	L foot to R ankle in the hop	R elbow pulls backwards		

	towards DSR, step L facing USL corner				
2	R leg lands in parallel lunge facing DSL	L leg is lengthened	L arm reaches across the body and rebounds		
(2)	½ turn on L leg to face USR	R leg trails behind, extended	L elbow propels towards USR corner, both arms open to 2nd		
3 (2)	L knee bends Push to lengthen and roll to R on back towards USL	R leg extends backwards and both legs start to fold once weight is on the back	R hand reaches for the floor and extends to USR - push hand to aid roll (R hand remains above the head and L hand by the side during the roll)		
4 (2)	L leg folds to kneel with sit bone to heel	R foot plants on floor		Twist in torso to the L	
5 (2)	Slide along floor towards USL on the R lower leg to end with R sit bone to heel and L foot planted on the ground	R foot propels slide and R leg folds underneath the body	R arm reaches to USL and takes some of the weight during the slide		

6 (2)	Face DS, to shift onto the hands with R leg lifted, land with R leg forwards facing USL	R leg draws a circle in the air and L foot moves across towards SL	Place both hands underneath shoulders and push away from the floor to come to standing		
7 (2)	Step back on the L leg, step back on R leg		Shoulders roll front to back making a full circle		This is a repetition of the first bar of the whole sequence
8 (2)	Stand on R leg with bent knee, turned out	Brush L leg to bent elevated position at the back, in turn out	Arms swing to 3 rd position	Focus is to the corner and drops forward slightly as the torso hinges slightly forward	This is a repetition of the second bar of the whole sequence
1 (2)	Facing USR corner step L and close R in front to 5 th position, swivel with bent knees to ½ turn to R		Arms relaxed at sides		
2 (2)	Facing DSL step sharply sideways onto R leg towards DSR Hold	Both legs straight, L leg lifted slightly off the floor at the side of the body	Focus towards DSL corner		
3 (2) 4 (2)	Bend R leg to instigate turn to L to end facing DS	L leg lifts to R knee in parallel	R arm dips forwards and circles above the head	Torso curves forwards and returns to vertical	Aim to find a sense suspension here
5 (2)	Bend L leg to kneel with	R leg folds, foot on the	R arm folds down the		

	sit bone to heel	floor	centre and hands start to reach to L		
6 (2)	Slide to SL on the hands and lower L leg – body stays facing DS	Allow R leg to lift off the floor at the side of the body in parallel and fold back into the centre	Head drops and makes circular motion to L. Both hands reach L for the floor to pull the body along the floor	Torso tilts to the L and circles to straighten	
7 (2)	Stand on R and turn to R to face USR	L leg trails behind	R arm swipes to R	Torso spirals to the R	
& 8	L leg slides sideways to DSR corner Close R to L	Both legs find 2 nd position with bent knees, R foot slides towards L	Arms open to relaxed 2 nd position		
& (2)	R leg escapes to deep low parallel lunge, transferring R, L to end with the L in front	Bent knees remain	Arms push behind body to low V		
1 (2)	R leg draws into 5 th position on rise to make one turn to the R	R foot is in front – standing on the balls of the feet	Arms swing and stay relaxed lifting above the head		
2 (2)	R slides forward into low 4 th position facing USR	Both legs bent in wide 4 th position	Arms push down and behind the body	Torso curves from the middle back over the front leg	

	corner				
3 (2)	L foot closes to R to shift to USR through a rise in 5th and R foot slides forwards to return to 4 th position facing USR	Legs lengthen to pass through rise and bend to return to low, wide 4th position	Arms lift back up, push behind the body to propel it forwards and finish above the head with palms turned outwards and fingers splayed as the legs find 4 th position again. Head follows the movement of the torso	Torso moves through vertical to return to middle back curve	
4	Remain in 4th				
(2)	Push the weight into L leg, rising slightly from the ground		Head circles through hands to the L as hands push down in the opposite direction	Torso tilts to the L	
& 5 (2)	Step R L to a low parallel lunge facing SL	Both legs are bent	R arm bends at elbow lifted to shoulder height and L hand places at crease of		

			R elbow		
6 (2)	Turn to R to face US - R leg draws into L to rise in 5 th position and then fold over the front of the R foot to find seated 4 th position facing USL		Arms lift above head and circle to open sideways	Torso twists towards the L to increase spiral	
7 (2)	Slide along R lower leg towards DSL	L leg extends off the floor and circles to the front	Both hands find the floor towards DS – push on the hands to travel the slide		
8 (2)	Place L leg down and push to stand facing DSL corner in parallel		Arms relaxed at sides		