

Choreography

weekly choreography

Monthly Song - Brave by Idina Menzel

We will review what we have learned in each video class and then move onto adding more steps into the choreography piece. The black steps are our review and our pink steps are the new part that we will be adding in this week's class.

Starting in crouching position on the ground
Count 1-8 (staying in this position for full 8 counts)

Rise up slowly, reaching arms up to sky (sunflower pose)
1-8

Step/Step Arabesque 1-4

Side Chasse Back 5,6

Turn On Releve/ Arms Up 7,8

Reach and step out Right 1,2

Reach and step out Left 3,4

Step forward Right 5

Step forward Left 6

Come up to Releve, Passe 7,8

Come down 1,2

Tendu R, L 3,4 (with ballet arms)

Port de bra 5,6,7,8

