

# Compulsory Floor Exercise - Good to Great!

## FABULOUS FOOTWORK



Starting from the ground up, the feet make it or break it in floor exercise. Active, well-trained feet create an air of nimble lightness and precision.

- Equal turnout R/L
- Steps



- Reach with the toe, ankle extended and leg turned out.
- Press through toe-ball-heel.

- Take-offs
- Landings
- Releve'

- Push fully through knee-ankle-toes.
- Press down through toe-ball-heel-*plie'*.



- Full ankle extension

- 2<sup>nd</sup> Position Releve'



- Heels rotated forward from the inside
- Carry weight on the big toe and second toe
  - (NOT rolling to the little toe)→



- 5<sup>th</sup> Position Releve'



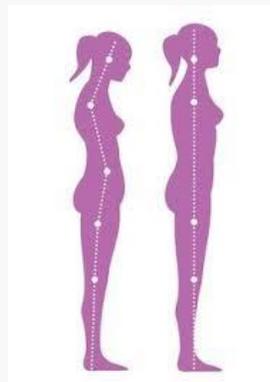
- Front foot crossed in front of back foot with heel pressed firmly against back foot.
- 5<sup>th</sup> in the air on a jump or *chasse'* exactly the same but with toes extended.

- Beware of the sickle



(-0.05)

## POSTURE AND ALIGNMENT



Straight is great. A tone of energy, confidence and poise is established by good posture before the exercise even begins.

- Feet, calves and quads engaged (knee caps up)
- Hips flat and square
- Long waist
- Ribs in
- Shoulders down (on dance, up for tumbling)
- Long neck
- Chin up
- Weight forward on the balls of the feet rather than resting back on the heels for control and readiness

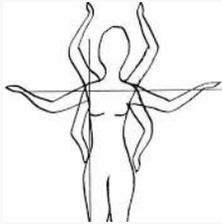
## URNS



Disciplined turns with exact revolution around a vertical axis command respect.

- Toe precisely in designated position (knee or ankle)
- Hip under, not lifted
- Ribs in
- Shoulders down
- Hips and shoulders square in preparation (no windup/torque)
- Achieve high relevé'
- Spot with clear head snap
- Mark the finish

## ARM MOVEMENT AND PLACEMENT



The secret to supple arms is in the elbow. Initiating upward or downward arm movements with a flexed elbow followed by flexed wrist then sequential extension of elbow, wrist and fingers creates fluidity in the movement. If completed with a quick snap into wrist extension, the movement becomes a sharp accent.

- When working in the horizontal plane, shoulders are pressed down with hands placed just lower than the shoulders and the chin elevated to draw attention to the face.
- When arms are forward diagonally above horizontal, shoulders are down and the face is elevated to focus in the space above the arms.
- When over-head, crown position, shoulders are down; soft round arms frame the head.
- When lifting into position during leaps and jumps, shoulders remain down and arms precisely hit their peak position simultaneously as legs do to create a stop-action moment of suspension.
- Wrists extend to create a long line with the entire arm.
- Thumbs are in a natural position under the hand, not sticking out.

## QUALITY OF MOVEMENT



- Ability to transition from soft and supple to sharp and crisp
- Contractions and extensions supple and large
- Full range of motion and extension of joints
- Coordination on connections
- Smooth continuous flow rather than disconnected parts

## QUALITY OF EXPRESSION



- Being engaged in and enjoying the routine
- Confident interpretation and a feel for the music
- Eye contact and focal changes
- Pleasant facial expression

## RHYTHM



- Being aware of and involved with the music and its flow
- Staying with and finishing with the music

## STAR QUALITY



- No let down in energy or performance from entry onto the floor to exit
- Dynamics of skills and connections such that she creates a WOW factor
- Exquisite text