

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.

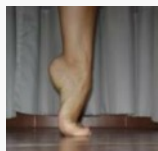
Take-offs

- Push fully through knee-ankle-toes.

Landings

- Press down through toe-ball-heel-*plie'*.

Releve'

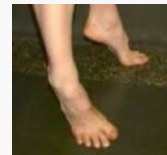


- Full ankle extension

2nd Position Releve'



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



5th Position Releve'



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

Beware of the sickle



(-0.05 each time on major elements)

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

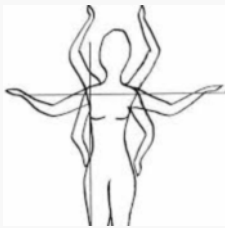
Hips and shoulders square in preparation (no windup/torque)

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

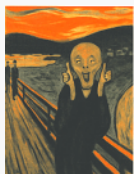
Contractions and extensions supple and large

Full range of motion and extension of joints

Coordination on connections

Smooth continuous flow rather than disconnected parts

QUALITY OF EXPRESSION



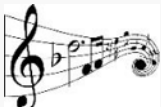
Being engaged in and enjoying the routine

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
Impeccable text

A NAWGJ Region 4 Submission