

ACROSS THE FLOOR VARIATIONS

Focus swinging/release understanding momentum and center of gravity

Pass #1 (sagittal)

- **Swing down (option to jump)**
- **Open up to see the ceiling while sliding foot forward to lunge**
- **Invert**
- **Stand (jump?) and repeat opposite**

Pass #2 (mostly frontal plane, sort of...)

- **Start in passé with same arm lifted as leg**
- **drop down and out**
- **lift leg up and over**
- **spiral down and round to stand**
- **Repeat opposite**

Pass #3

- **arms up, swing down (option to hop)**
- **Open up to see the ceiling while sliding foot forward to lunge**
- **Invert**
- **stand in passé with same arm lifted as leg**
- **drop down and out**
- **lift leg up and over**
- **spiral down and round to stand (jump?)**
- **Repeat other side**