

CENTER CHOREO "RAIN"

Focus swinging/release understanding momentum and center of gravity

Start in childs pose

- **Roll up**
- **step forward upstage leg**
- **tip back**
- **lunge with wind-up**
- **kneeling chaîné turn**
- **swoop arms**
- **swing leg**
- **spin around to seated happy cow**
- **unwind**
- **fall downstage**
- **spill through to spiral (option to jump)**
- **fall back and spill to stand**
- **stand in passé with same arm lifted as leg**
- **drop down and out**
- **lift leg up and over**
- **Rond de jambe with finger tips connected to ground**
- **invert with leg switch**
- **passé and fall upstage**
- **step twice withy internal rotation on last one to allow unwinding spiral into leg extension**
- **drop down onto knee (like a plane landing)**
- **prep to arm balance, option for top leg to go high**