

MICRO SEQUENCES (ALL)

Suspending, understanding weight shifts and center of gravity as it relates to modern dance technique



Micro Sequence #1

- **start with feet together**
- **arm up, peel the banana**
- **step out through full moon**
- **arm hook pulls you into passé and fall off center**
- **step step, gentle hop and plié with kick out**
- **step two time into turn ending with leg extension**
- **jog forward**

Micro Sequence #2

- **jog backwards**
- **airplane landing onto downstage knee**
- **tomato roll to spiral (option to hop)**
- **spill through and up through wide 2nd**
- **spiral back and up into shoulder roll**
- **keep spiraling to arch up**
 - **option #1: re-trace steps to shins**
 - **option #2: backbend to melt and curl in to shins**
- **aikido roll**
 - **option #1: stay low and roll forward**
 - **option #2: plants arms and jump out to very wide 2nd then roll forward**

Micro Sequence #3

- **invert with leg switch**
 - **slow Horton tilt**
 - **fall towards leg and wind up**
 - **Fling and fly to hop**
 - **Little jog and suspend to fall and jog back**
 - **turn over back shoulder into attitude**
 - **Ball change**
 - **Toes lead you to spin around**
 - **low plié, look up, feet together**
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