

Hornline Warm-up page 1

ROLL DOWN FLAT BACK SERIES-Start in 6th position. 8 Alternating heel raises, 4 counts to flat back, arms by your side, 4 counts up to standing, 4 counts to roll down, hold 8 counts with arms dangling, roll up for 4 counts. Repeat with feet in turned out first. Move heels out, repeat, turn toes out repeat, turn heels out repeat, etc. 8 times total

HEAD ROLL/SUSTAINED STRETCH SERIES- Head roll right two times,(8cts) reverse(8cts), sustained neck stretch to right with right hand holding head. Repeat whole exercise to the left.

STERNUM ROLL/SUSTAINED STRETCH SERIES-same as above with the bottom of the sternum as the base of the rotation.

NAVEL ROLL/SUSTAINED STRECH SERIES -Same as above with the navel being the base of the rotation. Arms clasp behind back lean over and forward let hand reach towards floor.

ENGAGED STRETCH SERIES- Starting in 6th position roll down and hold stretch. Walk hands halfway out to Downward facing dog. 16 alternating heel raises. Walk hands out to flat body(push-up) position. 10 push-ups, side arm balance with right arm down and outside edge of right foot down. Repeat push-ups and side arm balance to left side. Body flat arch up to stretch abdomen. Walk it back, come up to standing.

Feet in wide 2nd position. Roll down to front, hold elbows walk hands to right foot., Both feet face the right side of the room booth heels down. Flex front foot and hold, put it down. Repeat. Plie back foot heel can release. Repeat. Walk back through center. Repeat all to the left. Back to center roll up

Feet in wide second right foot turned out, left foot turned in 15 degrees. Bend right leg, knee over ankle. Body face front arms are in second. Turn and face the right leg. Hold lunge. Arms overhead, hands together. Hold lunge arch body slightly away, arms out in front 45 degrees. Hold. Lean forward arms on either side of foot. Hold. Release top of foot onto floor. Hold. Hands on knee. Arch away. Hold. Flex back foot, straighten back leg. Position body over upper leg. Arms in 2nd. Hold and maintain balance, focusing on front foot. Arms overhead, look forward. Straighten front leg come up. Repeat the entire process on the left side.

BALANCE SERIES- Starting in 6th position. Lift a bent right leg, hold knee with both hands. Adjust left arm to the side, as fingers walk down the leg. Take the right leg back into a quad stretch as the arm goes up. Hold balance, focusing forward. Slowly bring leg forward with one hand, adjust right hand to knee, and slowly rotate leg side, as arm shifts side. Hold, Balance. Shift leg back to front, two hands on right knee, flex foot and hold. Shift hands to hips, extend legs forward. Repeat the entire process to the left.

RELAXED STRETCH-Sit down. Feet together knees apart lean forward. Hold at least 90 seconds.

-Sitting native american style, right leg in front, lean forward, hold at least 90 seconds.

-Stack knees one on top of the other, right knee on top, stretch forward. Hold at least 90 seconds.

-Wrap arms around top leg sit up tall. Hold at least 90 seconds. Repeat all of the last three stretches to the left.

-Right leg front and flexed, left foot connected to the right inner thigh. Body forward. Hold 90 seconds. Point foot. Hold 90 seconds. Repeat to the left.

-Both legs out straight and flexed. Stretch forward. Hold 90 seconds. Point feet. Hold 90 seconds.

-Legs in 2nd position, toes must point upward. Stretch forward. Hold 90 seconds. Walk over to the right leg stretch side Left arm over head, torso faces forward, Hold 90 seconds. Turn body and face leg hold 90 seconds. Walk to center stretch forward, hold 90 seconds. Repeat all stretches to the left. Repeat center stretch. Bounce legs to center.

ABDOMINAL STRENGTHENING-Hug Knees in sit up straight. Curve body back hold onto knees. Repeat three times. Curve halfway back arms up feel flat on floor. Hold. Extend right leg 45 degrees. Hold. Repeat to left. Repeat with both legs extended. Lower halfway down and hold. Flutter legs 32 counts. Lower all the way down. Roll over and stretch abdomen. Lower down and walk it back. roll it up.

Hornline Warm-up page 2

DEMI PLIE' and RELEVE' EXERCISE- Starting in 2nd position plie' two counts straighten legs two counts x2. Plie' two counts straighten legs two counts, releve' (heels up, on your toes) two counts, heels down two counts x2. Pull in right leg. Repeat in 1st position. Fourth position right leg forward, right position left foot forward. Close 1st position open left leg to 2nd. Repeat in 1st, Left fourth, right fourth. Close first. Finished.

TONDUE EXERCISE- Starting in first position, brush the left leg forward pointing for two counts. Close it in two counts, weight shifts to two feet. Tondue left leg forward in one count flex and point(one count each) Close it back in for one count. Repeat with right foot to front. The entire exercise is repeated with each leg going side left, side right, rear left, rear right, side left, side right. (in the future, the entire exercise could be repeated starting from the back.

DEGAGE EXERCISE- Begin in first position. Left leg Tondue forward in one count closes count. Then degeages(a tendu that continues, releasing the foot from the floor two inches) out in one count, closes in one count. Perform another degage fall away from center to a lunge forward, keeping the body upright, and knees over toes in the lunge. Straighten the lunge leg return to degage and close in first position, Counting out the 8 count sequence. Repeat the same movements to the front right, side left, side right, rear left, rear right, side left, side right.

RON DE JAMBE EXERCISE - Begin in first position. Tondue the left leg forward carry it in a curvilinear path to tondue side, continue to the back brush through first, (keep weight on the leg that is not in tondue) repeat the sequence as many times as desired. When closing out the sequence, the weight shifts to both feet upon closing in first. Repeat process with the right leg. The ron de jambe can be reversed with each leg.