

**Sitting** – with soles of feet together

1. Roll spine down, touching head to feet (4 cts) –stay rounded, don't flatten; Roll up (4 cts); REPEAT
2. Roll spine down (4 cts); flatten back (4 cts); stay flat and sit up (4 cts); roll head 1x (4 cts)
3. REPEAT 1 and 2 above
4. Arms in 2<sup>nd</sup> – contract and curl, arms close front (2 cts) return open (2 cts); REPEAT
5. Reach L arm to curve R, sweep head to center over feet, lift to curve L with R arm reaching, open arm to 2<sup>nd</sup> and sit up center (8 ct) – support lightly with fingers skimming floor
6. REPEAT 4 and 5 above to the Left
7. Stretch legs forward and slide hands along the floor toward pointed feet – release head! (4 cts); sit up with arms in 5<sup>th</sup>/3<sup>rd</sup> above head (4 cts)
8. Open arms and chest to ceiling in cambé (4 cts); return to upright, arms lower (4 cts)
9. REPEAT 7 and 8 above with flexed feet

**Sitting tall** – with legs stretched forward (parallel)

1. Flex foot while bending R knee to chest (2 cts); turn leg out (2 cts); return parallel (2 cts); slide foot and lengthen leg front (2 cts); REPEAT
2. REPEAT above with L
3. Flex and bend both legs simultaneously (4 cts); stretch (4 cts); REPEAT – try not to “sink” into the back but keep the spine lengthened throughout
4. Bend knees without flexed feet this time, arms to 5<sup>th</sup>/3<sup>rd</sup> (4 cts); Hold (4 cts) Roll down spine backward to the floor (8 cts) – arms can return to sides
5. Roll up to sitting again, arms come from sides and lift to 5<sup>th</sup> (8 cts) Roll down, arms return to sides (8 cts); REPEAT

6. Roll up as above (4 cts) down (4 cts); REPEAT
7. Roll up as above (2 cts) down (2 cts) – 4 times total

### Lying on Back Knees Up

1. Abdominal curl (or “crunch”) lifting shoulders off ground (hold until ct 4), extend R leg keeping knees connected side-by-side (hold until ct 8), return foot to ground bending at knee (slowly until ct 12), lower shoulders to floor (slowly until ct 16) – 4 times total, concentrate on breath and “hollowing out” the center
2. REPEAT number 1 with L leg
3. Lift shoulders off ground (hold until ct 4), extend R leg with knees attached (2 cts), turn it out, and flex the foot (2 cts) – R leg will be turned out and connected to the other leg which is still in parallel with knee to ceiling
4. Maintain the curl with shoulders off ground, reach and pulse toward the knees 16x; reach and hold the last one and then return foot and head to floor
5. REPEAT number 3 and 4 with L leg extended
6. Drop both knees to the Left and curl with shoulders off the ground, reach and pulse forward 16x (addressing the oblique muscles)
7. Quickly switch knees to the Right and REPEAT pulses 16x

**Lying on Back** – legs extended and turned out as if standing in 1<sup>st</sup> position (you may choose if you’d like to “stand” with flexed feet or with feet pointed)

1. Lift the leg to front about 45°, pointed (2 cts), flex to sur le cou-de-pied (2 cts), extend with point – work through the toes (2 cts), lower to 1<sup>st</sup> (2 cts); REPEAT
2. REPEAT 2x extending side – note this will still be slightly forward of the body for most everyone
3. REPEAT 2 and 3 with the Left leg

4. Lift the leg with pointed foot 45° or higher (2 cts), hold (2 cts) fold into a retiré/passé position (2 cts), toe moves down leg to “close” (2 cts) – *enveloppé*; REVERSE, drawing up the leg to extend and lower for *developpé* ; REPEAT
5. REPEAT 2x extending side
6. REPEAT 4 and 5 with the Left leg
7. Lift the straight leg with pointed toe to 45° or higher (4cts), lower to close with flexed foot (4 cts); REPEAT
8. “Throw” the leg up and close 4x as in *grand battement* (16 cts)
9. REPEAT 7 and 8 to the side (*à la seconde*)
10. REPEAT 7, 8, and 9 with the Left leg
11. Lift the leg with pointed foot to 90° if possible and draw gradually larger circles with the toe; REVERSE direction – “standing” leg stays straight along floor, try to stabilize the torso and keep from bending either leg
12. REPEAT number 11 with the Left - these circles may be done in parallel or turnout, or both

**Lying on Side** – propped on elbow or lying on arm with top arm supporting in front; you may choose to have the leg closest to the floor bent for more stability or long – keep the waist lifted, not “sinking” into the floor to better align the spine

1. Lift top leg and close 8x (16 cts)
2. Lift top leg and gradually make larger circles, barely brushing the other leg (16 cts); REVERSE direction (16 cts)
3. Quickly pulse leg 2x front and 2x back, 8 times total (32 cts) – you may choose parallel, turned out, or both for any of these
4. Draw foot up the leg to retire (2 cts), *developpé à la seconde* (2 cts), hold (2 cts), lower to close (2 cts); REPEAT
5. Grand battement 4x (16 cts)

6. Lift both legs about 4 inches off the floor and lower 8x (32 cts) – keep waist lifted and legs connected
7. Bend both legs with heels in line with “sitting bones,” open top leg and close – like a clam – 16x
8. Roll to back, drop the knee of the working leg across the body and twist in the opposite direction
9. REPEAT the entire side series #1-8 on the opposite side

**Lying on Stomach** –neck is aligned with forehead on the floor and hands resting on the floor near shoulders, elbows tucked in - try to keep the abdominals engaged, lifting the belly button away from the floor

1. Lift R leg with pointed toe to the back and lower 4x (16 cts)
2. Lift R leg and extend arms, pushing up as far as possible without lowering leg (hold until ct 16)
3. REPEAT 1 and 2 with L leg
4. Move knee along floor toward armpit –those with limited turnout will not be able to keep the toe connected to the standing leg while keeping both hips on the ground (4 cts), push up with extended arms (4 cts), lower upper body (4 cts), return working leg next to other leg (4 cts); REPEAT
5. REPEAT number 4 with L leg
6. Lift R leg with pointed toe to the back and pulse 16x, then pulse with flexed foot 16x; rest
7. REPEAT number 6 with L leg
8. With legs in parallel and hands by shoulders, push up with extended arms – Cobra pose in Yoga, pull hips back over heel to fold body – keep hands where they are, dive through the arms with the chest leaving the tailbone pointed up and back until the body is straight along the floor; REPEAT 4 times total – a video demo of this movement can be found at [http://www.ehow.com/video\\_2351518\\_yoga-childs-cobra-pose-upper.html](http://www.ehow.com/video_2351518_yoga-childs-cobra-pose-upper.html)

9. REVERSE the direction of this sequence, beginning on your stomach draw the tailbone upward and back, sliding the chest toward the knees; lift the hips until on all fours then drop the hips to the floor in Cobra pose; keep the elbows back and slowly lower the chest to the floor; REPEAT 4 times total

### Return to Lying on Back

1. With knees up in parallel, peel the back from the floor, slowly lifting the hips toward the ceiling – Pilates Bridge exercise (8 cts); lower in reverse (8 cts) REPEAT 4 times total
2. Lift to bridge (4 cts); developpé R leg with toe to ceiling – staying lifted (4 cts); return the leg (4 cts); lower body (4 cts); REPEAT
3. REPEAT number 2 with L leg extending
4. Bring knees toward chest and lift head and shoulders until hands rest lightly on the outside of the knees; inhale and extend the arms overhead and legs out and off the floor simultaneously (2 cts); exhale and circle the arms to the side and back to knees which return to chest (2 cts); REPEAT 8 times total – Pilates Double Leg Stretch  
<http://www.youtube.com/watch?v=fKcAuonrmgo>
5. Lying on back with both toes pointed to ceiling in 1<sup>st</sup> position, open legs to straddle (4 cts) flex feet and squeeze thighs back together (4 cts); REPEAT 4 times total
6. REPEAT number 5 faster (2 cts each direction) 8 times total
7. Cross legs in 5<sup>th</sup> position –still toes to ceiling, Changement (beating legs) 8x; REPEAT 8x while lowering legs toward floor; REPEAT 8x while returning legs; REPEAT 8x in place
8. Start in an X position, slide R elbow and knee toward each other and curve Right, L side stays long until pulling inward to a fetal position on R side, extend arms and legs In opposite directions, curl back into fetal position

arms and legs moving together, extend L arm and leg stretching to the edge of the kinesphere to open back to the X (16 cts); REPEAT Right and Left 4 times total – a similar exercise (minus the stretch) can be seen here: <http://www.youtube.com/watch?v=boaNk-77810> at :30 seconds; the stretch is shown at :50 seconds but doesn't return to the fetal position

## NOTES:

- This is not a traditional Floor Barre that follows any one technique, but a series borrowing some of my favorite floor work exercises from teachers and methods over the years.
- It could be practiced in parts as a warm-up or, once learned, performed seamlessly (it's approximately 30 minutes of continuous material) and utilized as an alternative or supplementary class for dancers in any discipline
- I've included counts for a sense of pace or so that it can be set to music
- The exercises are relatively basic, allowing room to create more individualized or more advanced adaptations
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