

FORNEYISD MIDDLE SCHOOL TRYOUT DANCE

8 – Hold 1-4, Roll to standing 5-8

8 - Step L 1, 2, Kick to leg hold 3, 4, hold 5, 6, close 7, hold 8

8 – Pop feet open to wide seconde position with R arm up to ear 1, L arm up 2, step back on the ball of the R foot 3, flat back over arms down 4, arch up to front 5-6, close feet together 7, hold 8

8 – Step L 1, Kick R leg to nose with L arms 2, close feet 3, hold 4, pop to wide seconde position 5, hold 6, arms wrap head 7, clean at sides 8

8 – Step R 1, touch L foot using hips swing R hand up behind head 2, Step L 3, touch R foot using hips swing L hand up behind head 4, push hands down behind back pockets with a head roll 5, 6, double chest pop with hands on lower back 7, &, 8

8 – Cross step L 1, touch R foot 2, cross step R 3, touch L foot 4, cross turn 5, 6, close 7, hold 8

8 – Step R 1, 2, prep for pirouette 3, 4, turn (single, double, triple) 5-7, land 6 or 7 or 8

8 – Pivot turn to back T arms 1,2, close arms by side 3, 4, step to wide seconde plie 5, straighten legs high V arms 6, Twist to look over L shoulder breaking arms down to low V7, hold 8,

8 – Chaine 1, 2, close 3, hold 4, Chasse 5, 6, step 7, leap high V 8

8 – Land down 1,2, roll to standing 3-5, close 6, side chasse 7, &, 8

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8 - ball change 1, 2, jump forced arch balls of the feet 3, hold 4, swing arm down 5, 6, swing arm down 7, 8,

8 - Step jump R 1, 2, step Jump L 3, 4, swing hips High arms V R 5, Swing hips arms T 6, Swing hips Low V arms 7, jump close 8

8 – Stationary leap 1, 2, land down 3, hold 4, roll to standing 5-8

8 - Switch lines

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8 – Step L 1, Kick R leg to nose with L arms 2, close feet 3, hold 4, pop to wide seconde position 5, hold 6, arms wrap head 7, clean at sides 8

8 – Step R 1, touch L foot using hips swing R hand up behind head 2, Step L 3, touch R foot using hips swing L hand up behind head 4, push hands down behind back pockets with a head roll 5, 6, double chest pop with hands on lower back 7, &, 8

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8 – Step R 1, 2, prep for pirouette 3, 4, turn (single, double, triple) 5-7, land 6 or 7 or 8

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8 – Land down 1,2, roll to standing 3-5, close 6, side chasse 7, &, 8

8 - ball change 1, 2, jump forced arch balls of the feet 3, hold 4, swing arm down 5, 6, pose 7, 8,