

Name: Olivia Meek
Level of exercise: Level 1

Name of exercise: *Spring Pointes*

Music: *Honor to Us All* by Nate Fifield

Time Signature: 4/4

Learning Objective: To have light and quick feet. Also, to help start to find the balance on one foot a little better.

Creative explanation: To feel as if we are dipping our toe in super icy water, just a little tap and then pull it right back out of it.

Cautionary Reminder: The weight should be in the balls of your feet, so when you switch legs in spring pointes you don't fall backwards. This helps to so the weight is just on the supporting leg and that we're not doing switching lunges.

Notes: (if applicable)

Starting position: Feet in first position with arms en bas

Preparation: Lift arms to first position on 7, then hands on hips on 8

Measures	Counts	Steps with arms
1	1, and 2,3,4	R tendu front, lift slightly off the ground and piqué, lower back to tendu front, close back to first position w/ the legs w/ hoh
2	5-8	Repeat with the L leg
3	1, and 2,3,4	R tendu front, lift slightly off the ground and piqué, piqué, piqué
4	5,6,7,8	Lower R leg to tendu front, close to first, demi-plié, stretch
5-8	1-8	Repeat measures 1-4 starting with L leg
9	1-2,3-4	Demi-plié arms en bas, stretch relevé arms in 5th
10	5-7,8	Bourrée in a circle around self, demi-plié and open arms to 2nd
11	1-4	Stretch and port de bras to en bas and first
12	5-6,7,8	Legs in first w/ port de bras to fifth, open arms, hoh
13	1,2,3-4	Spring pointe R, spring pointe L, spring pointe R and hold hoh
14	5,6,7-8	Spring pointe L, spring pointe R, spring pointe L and hold
15	1,2,3,4	Spring pointe R, spring pointe L, spring pointe R, spring pointe L
16	5,6,7,8	Spring pointe R, spring pointe L, stretch and close first, arms en bas

Abbreviation Key

Abbreviation	Meaning
R	Right
L	Left
w/	With
hoh	Hands on hips