

## ACROBATIC ROUTINE

(Shadow Waltz )

### I. Entrance

- a, Four(4) steps to center.
- b, Pose, back leg up.

### II. Routine

- a, Two(2 ) walk-overs (pose).
- b, Two waltz steps.
  - (1) Step reverse turn.
- c, Two(2) waltz steps.
  - (1) Step reverse turn.
- d, One(1) Back-over.(pose).
- e, Back-bend, leg kicks.
  - (1) Extend leg straight.
  - (2 ) Point toe to opposite knee.
  - (3) Extend leg straight.
  - (4) Place leg on floor.
  - (5) Come up from Back-bend.
- f, Head-stand.
  - (1) On knees, slightly apart.
  - (2) Bend back, touch floor with hands.
  - (3) Go into Head-stand.
    - a' legs straight up.
    - b' bring legs into pyramid.
    - c' then bring legs straight again.
    - d' come out of Head-stand on knees.
  - (4) On knees, extend leg out back.
  - (5) Bend head back, bring toe to reach back of head, extend arm back gracefully.
  - (6) Bring toe down, swing leg around to front and stand up, (pose).
- g, Walk around in two-step.
- h, ( ) One-handed cart-wheels.
- i, ( ) Front-overs.
- j, ( ) Two handed cart-wheels, in a circle.

### III. Finale

- a, Up on toes, leg extended back, hands upward.



ACROBATIC ROUTINE 1#

(Near You)

I. Entrance

- A. Four steps to center.
- B. Three(3) cart-wheels in semi-circle.
- C. Two front-overs.
- D. Four(4) twists.
- E. Three(3) back-overs.
- F. One(1) chest-roll.
- G. One-handed cart-wheel.

II. Finale

- A. One split, hands upward.

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