CAT AUDITION

Swing Exercise 3x8’s

Feet parallel position, arms relaxed by side.

* Torso twist to the right wrapping arms around body, legs straight (1)
* Torso twist to the left wrapping arms around body, legs straight (2)
* Torso twist to the right wrapping arms around body, demi plie (3)
* Torso twist to the left wrapping arms around body, demi plie (4)
* Stepping out to a right lunge, feet staying in parallel, torso twist to the right wrapping arms around body (5)
* Shifting weight over to the left side to lunge, feet in parallel, torso twist to the left wrapping arms around body (6)
* Shifting weight to the right to turn round forwards to face the front, feet in parallel (7)
* Arms up to the sky, feet in parallel (8)
* Both arms, full circle round forward (1)
* Both arms circle round forward, bringing torso over to jump (2)
* Landing jump in parallel, arms rebound to full circle round backwards, ending with arms up to the sky (3,4)
* Release arms from sky dropping from elbows, palms facing towards you, release spine down as arms release on a demi plie (5,6)
* Straightening to a flat back, straighten legs in parallel, arms release to second (7,8)
* Stepping to a right lunge, parallel second, flat back, right arm to third position, parallel to the floor (1)
* Shifting weight to the left side, repeating to the left side, left arm third position, parallel to the floor (2)
* Right leg stepping back to parallel position, demi plie, right arm joining left arm parallel to the floor (3)
* Release back to roll up to standing on a rise, arms up to fifth position (4,5,6)
* Drop arms, staying on rise (7)
* Lower to a demi plie (8)
* REPEAT TO THE OTHER SIDE

Creative Phrase

Parallel position, arms relaxed by side. 2x8’s

* Left arm up to the sky (1)
* Right arm out to the side (2)
* Contracting both arms in, releasing body over (3)
* Opening back out to previous position (4)
* Arms reaching over the top, creating a circle round towards the left round to the center, releasing body following the arms round and down with a gentle plie. (5,6)
* Releasing arms up as you roll through the spine to standing, stepping forward with right leg, left arm towards to sky, right arm to the side (7,8)
* Bringing everything down to a small position, as low to the ground as possible (1)
* Jumping out to a wide second position, both arms out to the side (2)
* Right arm swings down to meet left arm, transferring weight to the left leg (3)
* Right leg passe to left knee parallel, right arm continuing to circle round over the top, right knee turning out to step towards the right (4,5)
* Left leg swings round back towards the right standing leg to turn the whole body around to the left to face the front, ending with the arms wrapping round the body towards the left. (6,7,8)