DDMIX KEY STAGE 2 SWAN LAKE WARM UP

WARM UP:

- Head rolls – **4 counts each** (Don't allow the head to roll backwards)
- 4 swan arms – **2 counts each**
- Lean over to each side x 4 – **2 counts each**
- Lean over to each side with arms x 4 – **2 counts each**
- Lean over to each side with arms and double bound – **2 counts each**
- Point, bend, stretch and bend x 4 (In parallel and no arms)
- Point, bend, stretch and bend WITH arms x4 (Cross arms on the point and Swan on the stretch)
- Lunge leans x 8 (no arms)
- Lunge leans with pointed stretch arm x 4 (reach to the wall on each side)
- Lunge leans with opening half circle to the front x 4 (stay over the bent leg as you open the arm)
- Lunge leans with arm going up and down in front x 4
- Lunge leans with full circle of the arms x 4
- Repeat Points 6- 12 with the option of performing on a rise. (on the balls of your feet)

Resources

- DDMIX Swan Lake Warm up music
- See DVD for further guidance

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