

"If You Can Dream" – Stretch

Title/Album – "If You Can Dream"/Disney Princess Tea Party

Begin sitting on the ground, feet extended forward in front of you (parallel), feet pointed, long back, arms in 1st

PART A:

- Arm Work
 - 8cts – Allonge right hand (2cts), Recover to 1st (2cts), Repeat with left (4cts)
 - 8cts – Allonge both hands (2cts), Recover to 1st (2cts), Allonge both hands again (2cts), Lower to rest on the floor (2cts)
- Leg Rotations:
 - 4cts – turn-out legs
 - 4cts – flex feet
 - 4cts – turn in legs
 - 4cts – pointe feet

CHORUS:

- 8cts – Right arm to 3rd (2cts), Left arm to 3rd (2cts), Open arms 2nd (2cts), Recover to 1st (2cts)
- 8cts – Repeat above 8ct again
- 16cts – Forward Stretch (arms to 3rd – 2cts, Reach forward towards toes – 2cts, Hold (5,6,7,8), Recover to upright position/arms in 3rd (4cts), Open arms to 2nd (5,6), Recover arms to 1st position (7,8)

BREAK:

- Open Legs to straddle position

PART B:

- 4 Side Stretches (R,L,R,L) – Side Stretch (4cts), Recover to upright position (4cts)

REPEAT CHORUS

PART C:

- 8cts: Swing Legs around to where you are lying on your stomach (4cts), Pull back into "child's pose" (4cts)
- 8cts: Tuck toes underneath (2cts), Stretch legs (still reaching towards the floor with hands) 2cts, Hold (4cts)
- 4cts: Rise to standing position/turn feet out into 1st position

END:

- 4cts – 2 Degages (right than left)
- 4cts – Plie 1st/arms to preparatory (5,6), Stretch bringing arms to 3rd (7,8)
- 4cts – Open arms to 2nd (2cts), Open arms to Preparatory (2cts)
- 4cts – Walks on demi-pointe circling, Lowering in 1st Position
- REPEAT ABOVE 16CTS
- 4cts – 2 Curtsies (right than left)
- 8cts – 1st Port de bras
- 1ct – Lower to knee/open arms to allonge Preparatory