

CHASSES & SPRING POINTS: LEVEL 1A

CHASSES & SPRING POINTS - EXERCISE #1 - Spring Pointes

Counts:	Exercise Details:
Prep:	
4cts	Begin Standing in 1st position. When music begins, lift hands to hips
32cts	4x: 2 Double Spring Points, 3 Single Spring Points, Land 1st
16cts	Repeat Starting Left

CHASSES & SPRING POINTS - EXERCISE #2 - Chasse Side

Counts:	Exercise Details:
Prep:	Begin Standing in 1st position. When music begins, lift hands to hips (2cts), Tendu side w/right (2cts)
4cts	
8cts	Chasses from wall 7 to Wall 3
8cts	Lower in 1st position at Wall 3 (4cts), Hold (2cts), Tendu side w/left (2cts)
16CTS	REPEAT TO THE LEFT, Than one more time Right & Left

CHASSES & SPRING POINTS - EXERCISE #3 - Chasse Front & Back

Counts:	Exercise Details:
Prep:	
4cts	Begin in corner 6, standing in sur le cou de pied derrier a terre, croise
8cts	Chasse forward to corner 2
8cts	Chasse backward to corner 6
8cts	Chasse forward to corner/Exit (Next Dancers can start)

CHASSES & SPRING POINTS - EXERCISE #4 - Spring Pointes (turning)

Counts:	Exercise Details:
Prep:	
4cts	Begin Standing in 1st position. When music begins, lift hands to hips
16cts	2x: 2 Double Spring Points, 3 Single Spring Points (turning 1/4 on each), final time, land in 1st on "8"
16cts	Repeat on left side