

SOMATIC SWINGS: FLOOR TO FEET

focus: developmental movement patterns and releasing through swings/sways, weight sensing.

Start in Bartenieff X on your back

- **Build up: crescent, body half, fetal, fetal to side X**
- **tomato roll up and around, repeat through wide 2nd**
- **swing wide 2nd, swing double 90, repeat**
- **swing wide 2nd to lift hips, retrace steps through wide 2nd sweep, see the ceiling and back of the room to updog then downdog**
- **hands to feet, wide parallel 2nd position. Bend into one knee then other, start sway with "s" in spine tailbone initiating all the way up to stand and back down**
- **Parallel wide 2nd, two pliés. Repeat in external rotation.**
- **Parallel 2nd, arms hover. External rotation to grand plié.**
- **Spiral through 2nd to seat, repeat opposite then return to parallel, forward fold, narrow parallel**
- **Arms swing back and up, peel the banana, full moon, little full moon, arm hook, repeat full moon opposite direction, arm hook, peel the banana, to banana split into flat back, slow forward fold to plank to lower down.**
- **Bartenieff roll from belly to back**
- **Repeat other side.**