

Sample of Choreography Notebook

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Section Four: Go Crazy!

Eight Count #13, Double turn and Calypso

- ◆ **Formation:** 4
- ◆ **Music Selection:** This is how a Heart Breaks
- ◆ **Helpful Hint:** In the calypso, allow your back to fully release. Do not hold any tension in the neck and let that go as well. If you can achieve a good arch in the leap, it will give the illusion of being higher off the ground.

Group/Partner/Level Work C Cont.			
Group 1	Refer to Group Work Formation Cards	Group 2	Refer to Group Work Formation Cards
Count	Description	Count	Description
1	<ul style="list-style-type: none"> • Step Lt foot forward • Reach Rt arm out in front of you • Roll wrist and fingers • Knees in plié 	1	<ul style="list-style-type: none"> • Piqué up onto the Rt leg to do a double inside pirouette over the Rt shoulder • Arms in 1st position
2	<ul style="list-style-type: none"> • Begin to bring Rt arm in • Pick Rt leg up off the ground and start to step it in front 	2	<ul style="list-style-type: none"> • Continue turn
3	<ul style="list-style-type: none"> • Begin a chaîné in relevé traveling straight forward • Rt foot steps forward • Arms out in 2nd position 	3	<ul style="list-style-type: none"> • Lt leg steps forward • Arms down by sides
4	<ul style="list-style-type: none"> • Turn over Rt shoulder • Step Lt foot forward • Arms come into 1st position 	4	<ul style="list-style-type: none"> • Développé Rt leg up
5	<ul style="list-style-type: none"> • Begin a chaîné in plié traveling straight forward • Rt foot steps forward • Arms out in 2nd position 	5	<ul style="list-style-type: none"> • Extend Rt leg into extension • Arms come in front of chest
6	<ul style="list-style-type: none"> • Turn over Rt shoulder • Step Lt foot forward • Arms come into 1st position 	6	<ul style="list-style-type: none"> • Rt leg steps down • Arms break up to a high V with flexed jazz hands • Head looks up
7	<ul style="list-style-type: none"> • Calypso • Lt arm up a released back • Rt arm out in 2nd 	7	<ul style="list-style-type: none"> • Plié both knees • Lt heel released off the floor • Arms swing down in front of you and back • Upper body drops over
8	<ul style="list-style-type: none"> • Finish leap and land on the floor 	8	<ul style="list-style-type: none"> • Hold

Eight Count #14, Chorus

- ◆ **Formation:** 4
- ◆ **Music Selection:** This is how a Heart Breaks
- ◆ **Helpful Hint:** There is a big build in the music when the chorus begins, and with that should come a build in your energy. Really get down in the floor on counts “5 6 7 8” and make them so sharp and strong since everyone is coming back together in unison after the group work.

Group/Partner/Level Work C Cont.			
Group 1	Refer to Group Work Formation Cards	Group 2	Refer to Group Work Formation Cards
Count	Description	Count	Description
1	<ul style="list-style-type: none"> • Roll out of the calypso on your Lt hip and roll forward 	1	<ul style="list-style-type: none"> • Step Lt leg out to the Lt side • Lt hip released • Break Rt arm up with a flexed jazz hand • Break Lt arm down with a flexed jazz hand
2	<ul style="list-style-type: none"> • Continue roll 	2	<ul style="list-style-type: none"> • Step Rt leg out to the Rt side • Rt hip released • Swing Rt arm down and Lt arm up
3	<ul style="list-style-type: none"> • Step Lt leg forward • Up on Rt knee • Arms break up over head— they are parallel 	3	<ul style="list-style-type: none"> • Roll Lt wrist and snap
4	<ul style="list-style-type: none"> • Bring Rt foot into Lt foot and jump • Both hands hit hips 	4	<ul style="list-style-type: none"> • Jump feet together • Both hands hit hips
5	<ul style="list-style-type: none"> • Step Rt leg out to the Rt side • Big parallel plié • Rt arm swings up to a high V • Lt hand on Rt shoulder • Hands in blades • Upper body leaning over 	5	<ul style="list-style-type: none"> • Same
6	<ul style="list-style-type: none"> • Step Lt leg out to Lt side • Switch arms 	6	
7	<ul style="list-style-type: none"> • Straighten Lt leg and relevé • Rt leg to parallel passé • Single jazz pirouette • Lt hand to Rt shoulder • Wrap Rt arm over head 	7	
8	<ul style="list-style-type: none"> • Jump out to a wide parallel plié • Rt arm back up to high V • Upper body leaning over 	8	

Eight Count #15, Heartbreak Hinge

- ◆ **Formation:** 4 moving to 5
- ◆ **Music Selection:** This is how a Heart Breaks
- ◆ **Helpful Hint:** Make sure that on count 6, you step your Lt foot back slightly so your body is facing Wall #1. If you are not on the angle and only facing the side, the hinge will not look as good.

Count	Description
1	<ul style="list-style-type: none"> • Feet jump together • Arms throw down by your sides
2	<ul style="list-style-type: none"> • Step Rt foot forward • Throw hands forward towards the audience
3	<ul style="list-style-type: none"> • BEGIN MOVING TO FORMATION #5 • Face the back • Step on the Lt foot
&	<ul style="list-style-type: none"> • Step on the Rt foot
4	<ul style="list-style-type: none"> • Step on the Lt foot
5	<ul style="list-style-type: none"> • Step on Rt foot • Arms break up over head with palms facing the ceiling • YOU SHOULD NOW BE IN FORMATION #5
6	<ul style="list-style-type: none"> • Pivot over Lt shoulder • Step Lt foot out slightly so hip face Wall #1 • Roll hip to the Lt • Arms open slightly
7	<ul style="list-style-type: none"> • Plié knees • Hands into chest
8	<ul style="list-style-type: none"> • Forced arch • Rt arm extends out to Wall #1 • Broken wrist, palm facing up, fingers pointed down • Hinge pelvis forward slightly

Eight Count #16, Attitude Turn

- ◆ **Formation:** 5
- ◆ **Music Selection:** This is how a Heart Breaks
- ◆ **Helpful Hint:** In the attitude turn, pull up all the way on your supporting leg (in this case, the Lt leg) and be on a high relevé. This will not only look technically correct, but it will also make the turn easier.

Count	Description
1	<ul style="list-style-type: none"> • Hold
2	<ul style="list-style-type: none"> • Jump onto the Lt foot • Lt knee in plié • Rt leg shoots out to the side, turned out • Hands slap thighs • Body faces the audience
3	<ul style="list-style-type: none"> • Rt leg crosses in front of Lt leg • Rt arm rounds down
4	<ul style="list-style-type: none"> • Lt foot steps back
5	<ul style="list-style-type: none"> • Rt leg goes to a back attitude for a turn over the Rt shoulder • Arms “tornado” up to a high 5th position
6	<ul style="list-style-type: none"> • Continue turn
7	<ul style="list-style-type: none"> • Bring Rt foot to parallel passé—knee facing Wall #2 • Clap hands (Rt hand claps down) • Lt knee in plié
8	<ul style="list-style-type: none"> • Jump out to a parallel plié • Hips facing Wall #2 • Lt hand stays in the center of the chest • Rt arm back in high V with a broken blade