

Flux – phrase 2

Notes

Beat/ Bar	Support	Leg gesture and/or direction	Arm/ Head gesture	Torso	Guidance
Starting position		Kneeling; facing front CS	Arms hanging down by sides	Straight	
1, 2			Arms unfold to place hands on floor in front of knees	Body moves forwards	
3		Using knees as pivot point feet circle outwards to R and place on floor; hips twist towards SL	Weight into hands		Use weight in hands to facilitate feet being able to move
4, 5, 6			R hand remains on floor; L elbow lifts upward; focus to elbow		
7, 8		Spin clockwise by R shoulder; weight in L foot; R wraps around L at ankle	Transfer weight to L and then back to R at end of spin		
1, 2		Extend R to DSL and push over it to half kneel (Kneel on R; L	Weight in R hand; L circles inwards and meets R hand		

		stood down) Finish facing DSR			
3			Bending through elbows lift hands over knees and place on floor at L side of body		
4		Circle R leg behind	Weight in hands	Forwards over hands	
5, 6		Step behind on R; step L towards DSL		Upright	
7, 8		Step on R into handstand; legs split; L high; face DSL	Weight fully in arms	Upside down	Handstand with split legs
1		Stand on R; L swings into parallel retire	R hand placed on L knee	Recovers to upright	
2					
&3, 4		Step down on L; ball change into 4th; RL (R behind)	R arms circles outwards to find back of R knee		Focus to R hand and back of R knee; initiating slight side bend
5, 6		Step forwards on R and hop; L in parallel retire	R on L knee; L swings backwards into high diagonal towards USR	Body forwards over L leg	Head tilts to right with a downwards focus
&7, 8		Land on R; 2 runs backwards LR			

1&2		Step backwards on L into low skimming side leap (R) towards DSR; L crosses in front of R in landing	Arms swing upward to side opposition palms down		Keep arms up on landing
3, 4		R feeds in front of L in low over crossed extension; facing USR	Arms lift to find parallel line overhead towards top USL; L arm unfolds to find this line; R lifts directly from side opposition		Feeling of off balance throughout towards USL
5, 6		Step R; L to USL	Fall down to natural position by sides; focus is over R shoulder		
7, 8		Step R turning clockwise by R shoulder to find parallel on rise facing DSR; as R joins start to fall into a small hinge turning into R shoulder	Arms are outwards in second and used to assist the turn		
1, 2		Step R facing USL join L into parallel on plié facing USL	Hands rest on thighs	Forwards over legs	Focus down
3		Push onto straight legs	Hands push legs to straight; head sharp look over R shoulder		Fall backwards
4, 5		2 long runs R; L towards DSR	Turn into R shoulder from falling motion	Body resolves to neutral	

6		Step forwards and lower on R towards DSR	Place R hand to floor in front of foot	Forwards to facilitate R hand going to floor	
7		Folding over R with slide to sit on R heel; L circles inwards to place on floor towards front ; leg is straight with L foot planted in parallel	Weight into R hand; L hand catches L ankle; focus front	Well forwards; parallel to floor	Sharp dynamic stop on 7 at end of movement
8	HOLD				
1		L draws in to unfold outwards to a 4th sitting on floor	L hand initiates L leg unfold then is placed on floor by L knee	Forwards over L leg	
2		Join R to L to kneeling position facing front	R arm unfolds to place on floor; weight transferring into hands	Tipping forwards	Both hands now in front of knees on floor
3, 4		Using knees as pivot point feet circle outwards to R and place on floor; hips twist towards SL	Weight into hands		Use weight in hands to facilitate feet being able to move
Repeated gesture from start of phrase					
5, 6, 7		Push weight into balls of feet into ½ kneel; L high; sit on back of R heel facing SL; R knee remains on floor	Arms lift to 'jazz 1st' with spiral to L; palms down; R elbow directed to SL and L elbow to SR	Gradual lift in torso as weight transfers from hands into feet; upright by count 7	
8, 1		Spin clockwise by R shoulder; weight in L	R arm slices out to side and start of spin		

		foot; R wraps around L at ankle	then places on floor towards SL		
2, 3		Extend R to SL and push over it to half kneel (Kneel on R; L stood down) Finish facing DSR	Weight in R hand; L circles inwards to join R on floor		
4		Stand on L; feed R behind towards SL; facing SR	Tip weight into both hands	Forwards with weight in hands	Continuous motion from slide out on 2, 3
5		Step up on R turning upstage to face SL	Push off hands to transfer weight to feet	Recovering to upright	
6, 7, 8		Run towards SL	Natural with run	Upright	EXIT
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