

Scoop – phrase 4

Notes

Beat/ Bar	Support	Leg gesture and/or direction	Arm/ Head gesture	Torso	Guidance
Starting position	Weight centred evenly between both legs; SR	Standing in parallel facing SL	Arms hanging down by sides	Straight	
5, 6, 7, 8	X4 walks RLRL towards CS & SL				Heel led walks
1, 2		Step R sideways towards front	R hand feeds up to R side of head		Count 2 is in suspended motion
&3		Ball change L, R into sideways ½ lunge (L bent; R straight towards front; still face SL)	R hand continues to feed tightly over the head then swings down and out to side opposition; palm down; focus front	Body forwards	Accent &3
4, 5	HOLD				
6			L hand grabs R upper arm		Grab is made to the top side of R upper arm
7		Shift R into lunge facing DSL	L moves R up and over so R hand finishes inside of R knee (arm is still straight; palm faces inside of R knee)	Slightly forwards	R leg and R arm move together

8					
&1	Transfer weight to R leg	L drags in towards R	R hand scoops under L arm and throws L arm upwards	Feeling of high release	Suspended motion
2	HOLD				
3		Place weight in L to find small staggered 4 th ; R is forwards of L; both legs bent on plie	Both hands rest on thighs; focus to DSL	Body forwards over legs	
4, 5		Straight jump up; land in same position	Hands push downwards on legs		Legs are straight in jump
6, 7		Step R; L into jazz 4 th facing SR	L arm unfolds across body at shoulder height to finish extended towards SL; palm to front; R arm down	To SL	Focus to SR
8	HOLD				
1	Weight is distributed between L foot and R knee	Put weight in L; R knee opens out to a turned out position where R knee is on the floor; face back	R hand is on floor, L down at side of body; focus down to R hand	Over to R as hand goes to floor	Toes of R foot are tucked under (pointed foot)
2		Turning inwards (clockwise) step L towards R	Weight transfers to L hand		Finding semi 'crouch' position
3		Putting weight into L, R knee opens out to find same position as count 1 above	Weight in R hand as count 1 above	Focus down towards R hand	Direction of turn is continuous as in a 'step turn step'
4	HOLD				
5		Legs shoot out to	Keeping weight in R		Suspended motion

		wide press up position	hand throw L arm forwards to front in a circular 'reaching' motion; focus to front		
6					Continued suspension
7, 8, 1		Roll across back; fold R knee inside body to start to stand up on L	Fold down through R arm to lower onto L side of body		
2		Standing up on L facing SL to straight legs; R trails behind	R arm scoops/ throws forwards and up with breath and suspension; L bent inwards palm up; focus follows arm	Feeling of breath and high release	
3, 4					Throw suspends at top of motion
5	Transfer weight through R	Step back onto L facing SL	R hand is brought down on top of L in 'cupping' gesture	Slight feeling of ripple through the body	
6&7		Open out to front in skimming side leap; land R; L facing SR	R arm opens outwards to then wrap arms around body; L in front; R behind		Arms and legs work in same co-ordination
8		Step R into ½ side lunge facing front (R straight; L bent) in parallel	R hand holds back of R knee; L hand on top of L thigh; focus forwards	Forwards	Accent down
1, 2	HOLD				
&3		Ball change L; R travelling towards SR	R arm unfolds upwards articulating	Body recovers to straight as arm	Accent down

		to finish in same side lunge position	through elbow to then be brought down sharply to hold back of R knee again; focus forwards	unfolds but then finishes forwards once more as hand holds knee	
4	HOLD				
5, 6		Transfer weight to R	R hand feeds up to R side of head		Count 5 is in suspended motion (Repeat of opening sequence)
&7		Ball change L; R into sideways ½ lunge (L bent; R straight towards front; face SL)	R hand continues to feed tightly over the head then swings down and out to side opposition; palm down; focus front	Body forwards	Accent &7
8, 1	HOLD				
2			L hand grabs R upper arm		Grab is made to the top side of R upper arm
3		Shift R into lunge facing DSL	L moves up and over R so R hand finishes inside of R knee (arm is still straight; palm faces inside of R knee)	Slightly forwards	R leg and R arm move together; repeat of previous gesture
4	HOLD				Anticipate count 5
5, 6		Cut under with L, releasing R turning clockwise to R to face USR	R arm circles outwards		6 is suspended
7, 8		Ball change R, L (R	R arm continues to		

		feeds behind L)	swing downwards; torso is low over leg; focus DSR		
1&2		Step R; hop step, R, L up towards DSL; L is straight and trails	Circle L arm inwards		
3		Step R into ½ side lunge facing front (R straight, L bent); parallel	R hand holds back of R knee; L holds underneath of L thigh; focus forwards	Forwards	Accent down Repeat of previous gesture
4, 5, 6, 7, 8	HOLD				