

S Curve-met set to 40-use 8th note

<u>Say</u>	<u>Do</u>
1 and 2 (3-4)	
One-And	Chin to chest
Two-And	shoulders up and over
Three-And	Bend at hips
Four-And	Bend at knees
Soft -2-3-4	Hold in S position
1 and 2 (3-4)	
One-And	Straighten Knees
Two-And	Straighten Hips
Three-And	Shoulders up and back
Four-And	Chin up

En Pointe-met set to 80

<u>Say</u>	<u>Do</u>
1 and 2 (3) move	
1 2	move left foot out in point on 1
Up 2	Move left foot up 2 beats land on Hold
Hold 2 3 4	Hold left Foot still in air
Down 2 3 Pineapple	Lower left foot, touch on 3 and drag to close
Close 2 3 Move	Close and hold till 4
1 cross	foot left out in point on 1-back to cross on and count
2 cross	foot left out in point on 1-back to cross on and count
3 cross	foot left out in point on 1-back to cross on and count
4 cross	foot left out in point on 1-back to cross on and count
5 cross	foot left out in point on 1-back to cross on and count
6 cross	foot left out in point on 1-back to cross on and count
1 and 2 (3) move	
1 2	move right foot out in point on 1
Up 2	Move right foot up 2 beats land on Hold
Hold 2 3 4	Hold right Foot still in air
Down 2 3 Pineapple	Lower right foot, touch on 3 and drag to close
Close 2 3 Move	Close and hold till 4
1 cross	foot right out in point on 1-back to cross on and count
2 cross	foot right out in point on 1-back to cross on and count
3 cross	foot right out in point on 1-back to cross on and count
4 cross	foot right out in point on 1-back to cross on and count
5 cross	foot right out in point on 1-back to cross on and count
6 cross	foot right out in point on 1-back to cross on and count

50-50-met set to 80

<u>Say</u>	<u>Do</u>
1 & 2 (3) move	move left foot out in point on 1
1 2 3 Pineapple	hold and bring left back on pineapple
Close 2 3 push and	hold and move left out on push
press 2 3 Pineapple	move left foot out into point with full step (shift weight)
Close 2 3 push and	Hold and move left out on push
Step 2 3 Pineapple	move left foot out into step (toe up) with full step (shift weight)
Close 2 3 push and	Hold and move left out on push
Step 2 3 Pineapple	move left foot out into step (toe up) with full step (shift weight)
Close 2 3 Move	move right foot out in point on 1
1 2 3 Pineapple	hold and bring right back on pineapple
Close 2 3 push and	hold and move right out on push
press 2 3 Pineapple	move right foot out into point with full step (shift weight)
Close 2 3 push and	Hold and move right out on push
Step 2 3 Pineapple	move right foot out into step (toe up) with full step (shift weight)
Close 2 3 push and	Hold and move right out on push
Step 2 3 Pineapple	move right foot out into step (toe up) with full step (shift weight)
Close	Hold