

Natalie Willing

**Age and Level:** 8-9 Beginner

**Goal:** Presentation/Performance Quality

**Type of exercise:** Center Exercise

**Name of Music and Artist:** “Determinate” – Adam Hicks, Bridgit Mender, Naomi Scott, Hayley Kiyoko (From “Lemonade Mouth”)

**Meter:** 4/4

**Imagery:** Students are thinking about a really big balloon on a string attached to their head, so that they don’t look down at the floor and can work on performance quality. “What is something that you usually get on your birthday, and you fill them up with air? I want you to think about a big birthday balloon on a string attached to your head. Since it is keeping my head up and my posture tall, I can’t look down at my feet in the mirror.”

**Cautionary Reminders:** Keep focus up at eye level with yourself in the mirror, make sure you know the combination because we’re going to do it facing away from the mirror

**Starting Position:** In the center, facing DS

**Notation:**

Measures	Counts	Movement	Head and Arms	Miscellaneous
1	1 / 2 / 3-4	Sc R / Sp R / Bc L	H- DS A- HOH	

2	5-8	4 ct riff R	
3-4	1&2 / 3&4 / 5&6 / 7 / 8	Drbck L / drbck R / drbck L / step R / heel drop R	Drbck's start with a st on L foot
5-6	1-8	RPT M 1-2 L	
7	a1 / a2 / a3 / 4	Flap R / flap L / flap R / heel drop R	
8	a5 / a6 / 7-8	Flap L / flap R / heel drop 2x R	
9-16	1-8 1-8 1-8 1-8	RPT M 1-8 L	

\*After 1<sup>st</sup> time with music, repeat facing away from the mirror

**Abbreviation and Description Key:**

H- Head

A- Arms

M- Measure

R- Right

Natalie Willing

L- Left

RPT- repeat

2x- two times

DS- downstage

HOH- hands on hips

<b>Abbreviation</b>	<b>Skill</b>	<b>Description</b>
Sc	Scuff	Heel scuffs the floor
Sp	Spank	Toe brushes the floor backwards
Bc	Ball change	F1 steps in the back, then f2 steps in the front
4ct riff	4 count riff	Ball, scuff, heel dig, toe drop
Drbck	Drawback	F1 spank, f2 heel drop, f1 step(*can also start with a step)
st	step	Takes weight on ball of foot

Natalie Willing