

# Breathe – phrase 1

## Notes

Beat/ Bar	Support	Leg gesture and/or direction	Arm/ Head gesture	Torso	Guidance
<b>Starting position</b>	Weight placement is centred; feet in parallel	Standing CSL facing SR	Arms hanging by sides; head is neutral	Straight	Neutral body posture; focus out
<b>6, 7, 8</b>		X3 walks to enter LRL	Natural		Heel led Entrance
<b>&amp;</b>		Pivot onto ball of L foot beginning to turn anticlockwise			Sense of breath in
<b>1, 2</b>		Turning inwards (anticlockwise) by L shoulder take 2 long runs; RL towards SR	Natural arms	Sympathetic to turning motion; slightly forwards	Fall into runs with weight into legs to ground the movement
<b>3</b>		Join R to left facing front	Focus to SR		
<b>4</b>			Head turns sharply to SL; arms hanging by sides	Straight	
<b>5, 6</b>	HOLD				

<b>7, 8</b>		Repeat 2 long runs turning inwards (anticlockwise) by L shoulder, RL	Natural arms	Sympathetic to turning motion; slightly forwards	
<b>1, 2</b>	Both feet should be in parallel in side lunge weight centred evenly	Step RL into ½ parallel side lunge (R bent, L straight) to face USR	R arm slices across body over L shoulder to side opposition; focus is to DSL	Upright	
<b>3</b>			Break R arm at wrist down towards body so that palm of R hand faces floor		R arm should finish by side of R hip
<b>4</b>		Join L foot to join R with feet together; face DSL	Place L hand on top of R hand; focus to hands	Straight	
<b>5, 6</b>			Breaking arms at elbows circle inwards from R to L across body; hands passing R to L shoulder; upper body and head follow direction of arms	Passing through moment of high release	
<b>7, 8</b>		Step R; L towards SR			Weight can fall into runs from previous movement
<b>1&amp;2</b>		Hop on L with R knee in parallel retire; land LR into ½ side lunge (L bent, R straight) facing front; R hand	Both hands on R lifted knee in hop; R hand holds back of R knee; L is placed on L thigh	Body shifts accordingly in side bend to R to accommodate holding back of L	

		holds back of R knee; L is placed on L thigh; body shifts accordingly in side bend to R		knee with L hand	
<b>3</b>	HOLD				
<b>4&amp;</b>		Join L to R into small parallel knees bent facing SL	Repeat inward circle of arms broken at elbow (as in count 7 above) from R to L; arms are 'hugged' inside body; focus is down (inward)	Forwards	
<b>5</b>		Legs straight Parallel	Release arms sequentially through elbows to extend out sideways	High release and 'breath' upwards as body starts to fall forwards through arms	Heels are down
<b>6</b>				Body continues to fall forwards through arms	Motion continues from count 5
<b>7&amp;</b>		2 long runs R; L towards SL	Focus towards SL		
<b>8, 1</b>		Turning by R shoulder en dehors (outwards); R tucks into ½ kneel facing back	R arm scoops outwards then R hand plants onto the floor close to R leg		

2, 3		Continuing same direction of motion; put weight into R hand to push up and over onto R 'scooting' into ½ kneel once more facing DSL	L arm during scoot circles inward to finish at the R side of R knee with dynamic stop; focus follows L arm		
4	HOLD				
5, 6		L knee falls out to side onto floor	Body and head circle from R to L in high release breath		Suspended motion
7			Plant both hands on floor (USL)	Continue pathway of motion in body	
8		Put weight into hands to allow hips to lift and twist sufficiently to land R; L facing USR shifting weight into legs	Weight into hands as in a handstand motion		
1		Join feet together (R to L) to face DSR; legs straight	Pull hands close inside body as repeated gesture (4&)	Upper body curve	Repeated gesture
2		Legs straight in parallel	Release arms sequentially out sideways through elbows (repeated gesture (5); head releases into high release 'breath')	High release	Repeated gesture
3, 4			Continue motion and breath through arms and upper body		

5		Step back on R facing DSR	Lower arms to sides and eyeline to neutral	Torso recovers to neutral posture	
6		Step out on L natural turnout up to USL; R extends low and long towards DSR	R arm throws overhead circling inwards; head relaxed to L	In side bend to L	Body faces DSL
7, 8, 1		Step turn step R, L, R towards DSR	L arm pulls forwards and meets R into bras behind body	Upper body curve	
2, 3		Step shunt on L; R held by L ankle	Arms circle backwards and then throw forward	Slightly forwards in throw motion	Feeling of contraction in centre
					Drag continues through body and arms
4&		Step back on R and join L; feet together	Pull hands close inside body as repeated gesture (4&); focus down		Repeated gesture
5		Legs straight in parallel	Release arms sequentially out sideways through elbows (repeated gesture (5 & 2); head releases into high release 'breath')	High release	Repeated gesture
6, 7, 8			Continue motion and breath through arms and upper body		
1		Run towards DSR	Arms lower as running	Recovers to neutral and upright	EXIT