

Shift – phrase 3

Notes

Beat/ Bar	Support	Leg gesture and/or direction	Arm/ Head gesture	Torso	Guidance
Starting position	Weight centred evenly between both legs; DSR	Standing feet together facing DSR	Arms hanging down by sides	Straight	
1		Rise	High release		
2	HOLD				
3		Send L out sideways to ½ side lunge in parallel (L straight)	Focus forwards		
4	HOLD				
5, 6			With bent angle at elbow circle L arm outwards; follow with focus		
7, 8		Shunt both feet backwards retaining lunge position	Place both hands on floor and use to help shunt backwards	Forwards	Hands will release from floor after shunt

1		L foot turns out using heel as pivot point		Starts to shift L	
2, 3		Step turn L; R turning inwards (anticlockwise) to L towards SL	R hand placed inside of L; hands circle L to R round back of head		
4&5		Step hop/shunt on L, then send R to 1/2 side lunge in parallel (R straight) facing USR	Hands pull round to L hip; focus forwards and downwards		Retain hand placement
6	HOLD				
7		Transfer weight onto R releasing L and extending down towards floor	L arm releases down and circles upward and inwards to finish in a vertical line; R drops down; focus up to L arm	Weight transference to R with flow of movement; shift to R in body	Diagonal pull through body
8	HOLD				Suspended motion
1		Step on L	Drop L arm down		
2&3		R circles outwards to cut under L then step forwards on L towards DSL	R pulls behind back and 'knocks' into L to send L unfolding forwards towards DSL		
4, 5		Step behind L with R then forwards on L to DSL			
6		Pose onto R on rise; L in parallel retire	Throw arms forwards and up in loose		

			parallel; focus up		
7	HOLD				
8, 1		Send L into arabesque and shunt backwards on R	Along line of R leg	Forwards in table top position	
2		Step on L turning towards USL by L shoulder			
3,4		Step hop on R; L circles behind into arabesque; face DSL	L arm circles to join with R in parallel forwards towards DSL		As L leg moves into arabesque; L arm moves forwards into parallel line
5, 6		Step on L, continuing to turn outwards (anticlockwise) by L shoulder join R into parallel on straight legs facing front	R hand placed inside of L send from R to L shoulder across chest and down to L side of body	Slight lean to R	
7					Start falling sideways through R hip to SR
8		Step L across R towards SR; both knees bent (jazz 4th)			
1, 2		Maintain foot position (jazz 4th, L forward)	Feed R underneath L		Exaggerated R arm circling outward through elbow
3, 4		Transfer weight to R; drag L in; turn to face front	R arm throws L arm high, focus up to arm	Feeling of breath and high release through torso	
5		Slide L out to SL; sink down through R to sit bottom on floor (open	Arms fold down inside body through elbows		

		side lunge); face front			
6, 7		L stays straight and acts as pivot as R bends; turn inwards as R lifts off floor in turning motion and then stands down as recover to sit position, facing DSL; L still straight; R knee bent up with foot flat on floor; feet flexed	Tip weight into hands upstage of L leg; finish with L hand resting on R knee; R on floor	Slightly hunched forwards over R knee	Definite stop on 7
8, 1	HOLD				
2, 3		R extends forwards (6) then L bends up (7)	L pushes R knee to extension; R collects L knee as it bends up and rests on L knee	Body folds forwards as R extends and recovers to upright hunch as L knee lifts	
4, 5	HOLD				
6		L leg extends	R pushes L leg into extension	Lie flat on back on floor	
7, 8		Bring R Knee into chest start rolling onto R side to stand down on L facing US	Focus strongly downwards, towards the hands		
1	HOLD				
2		L knee opens out sideways towards DSR			
3		Fall into tight ball on L side of body; R knee slightly lifted and into body	Hands support on floor	Lying on L side of body	Accent down; strong clip on count 3

4, 5, 6, 7, 8	HOLD				
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