

Warm-Up #1: Hush, Hush

Part 1	Basic shoulder stretch into plié, drop and roll up	
32	Parallel 1st	
32	Parallel 2nd	
32	Turned out 1st	
32	Turned out 2nd	
Part 2	Flat Back stretch (all parallel)	1:03:00
16	1st position (4 counts each)	
16	2nd position (4 counts each)	
8	<i>Transition-- Feet in 1st, drop and roll up</i>	
32	Full Flat Back Sequence in 4's, 1st position	
32	Full Flat Back Sequence in 4's, 2nd position	
32	Full Flat Back Sequence in 2's, 1st position (2x)	
32	Full Flat Back Sequence in 2's, 2nd position (2x)	
Part 3	Stretch / Matrix	2:21:00
16	Stretch Right 1-4, Left 5-8, Lunge Right 9-12, Lift 13, Collapse 14-16	
16	"Matrix" 1-12, 13-16 Collapse and Roll Up	
16	Stretch Left 1-4, Right 5-8, Lunge Left 9-12, Lift 13, Collapse 14-16	
16	"Matrix" 1-12, 13-16 Collapse and Roll Up	
8	<i>Transition-- Feet in 1st, drop and roll up</i>	
Part 4	Shoulders/Arms/Hips	2:55:00
16	Right Shoulder Circles	
16	Right Arm Circles	
16	Left Shoulder Circles	
16	Left Arm Circles	
16	Every other shoulder roll, drop to plié on 16	
16	Stay in plié, arms up and down	
16	plié up and down, arms with it	
16	plié up to relevé and down, arms with it	
16	Hips to the right, slow then fast	
16	Hips to the left, slow then fast	
8	<i>Transition-- Feet in 1st, drop and roll up</i>	
Part 5	Shoulders/Elbows	4:13:00
32	Shoulders-Elbows Sequence, 4x	
31	Side/Side/Pull/Flat back, 4x	
Part 6	Superman Swings	4:41:00
32	Superman Swings: Front, Left Corner, Front, Right Corner	
32	Superman Swings-- repeat with jumps	