

## Beskrivelse av kortprogram

Kortprogram består av 8 obligatoriske elementer som utføres i en fast rekkefølge med ansiktet mot front og med staven i standardretning (med klokka). De obligatoriske elementene skal starte på første telling (telling 1) i de ulike åtterne. Tempo og ferdighetsnivå vil bestemme hvor lang tid utøveren bruker på å fullføre hvert enkelt element, det er ikke noe minimumstid for hvert element. Fra og med første telling i et element er det 2x8 tellinger før neste element starter. Mellom hvert element brukes den ledige tiden effektivt til å finne tilbake til senter av gulvet. Eventuelt tilleggsmateriale mellom elementene blir ikke bedømt.

Tabellen under viser oppbygningen til Kortprogrammet. På de neste sidene finnes en mer detaljert beskrivelse. Tellingene i beskrivelsen er ment som en veiledning, utøveren kan bruke kortere eller lenger tid, så lenge alle 8 elementer starter på riktig telling i musikken.

Tellinger	Innhold
16	
8	1. Travelling Complex (vertical right hand release, chassé, grand Jeté, right hand standard catch).
8	
8	2. Vertical 1 ½ spin, blind catch, matched hand pass, right hand vertical flourish to front
8	
8	3. 4 continuous elbow rolls with right arm layout
8	
8	4. 2 ½ continuous flat neck rolls
8	
8	5. Horizontal left toss, 1 ½ spin to right, right hand flat back catch, vertical right hand flourish to front
8	
8	6A. Contact Material Vertical
8	
8	6B Contact Material Horizontal
8	
8	7. Vertical right release, reverse illusion, right hand standard catch
8	
8	8. Vertical right hand thumb toss, 2 spin, left hand catch
8	
8	Stand and wait for music

**Nærmere beskrivelser av hvert element er å finne på de neste sidene.**

## ELEMENT 1: TRAVELLING COMPLEX (TOSS WITH GRAND JETÉ)

Telling	Beskrivelse
START POSITION	Start in right corner of floor facing the left oblique with arms in a low V and a right 4th position Tendu.
1-2	Body direction facing left front oblique (head, hips, and shoulders facing left oblique); Right chassé with right hand reverse figure 8, left arm extended shoulder level to left side.
3	Step left, right thumb release into a vertical toss.
4	<b>Right grand jeté</b> (développé or straight leg) (+ landing). Left arm moves down next to the left side of the body (en bas), then up to third arabesque position (arm straight out in front of the body, slightly above shoulder level, palm down) while the right arm moves in a natural movement to the right side - arabesque third. The shoulders and hips must be square and perpendicular to the leg during the leap. The head will be positioned to spot the baton.
5	Step left (demi plié) catch (right hand standard catch). The left arm will move to a second (straight out to the left side at shoulder level, palm down).
6	Step right on toe in 4th position. Left arm moves down next to the left side of the body (en bas). Baton loops to follow through to a locked position on the right arm. Right arm continues to circle in a clockwise direction (from the athlete's point of view).
7-8	Finish in relevé in 4th position, right leg in front. Arms finish in Third Arabesque (left arm straight in front slightly above shoulder level, right arm to the back slightly below shoulder level, both arms palm down).

### *Valgfri alternativ variant av element 1:*

Telling	Beskrivelse
START POSITION	Start in left corner of floor facing the right oblique with arms in a low V and a left 4th position Tendu.
1-2	Body direction facing right front oblique (head, hips, and shoulders facing right oblique); left chassé with right hand reverse figure 8, left arm extended shoulder level to left side.
3	Step right, right thumb release into a vertical toss.
4	<b>Left grand jeté</b> (développé or straight leg) (+ landing). Right arm moves in a natural movement to Third Arabesque position (arm straight out in front of the body, slightly above shoulder level, palm down) while the left arm stays extended shoulder level to left side. The shoulders and hips must be square and perpendicular to the leg during the leap. The head will be positioned to spot the baton.
5	Step right (demi plié) catch (right hand standard catch). The left arm will remain to the side.
6	Step on left toe in 4th position. Left arm moves down next to the left side of the body (en bas). Baton loops to follow through to a locked position on the right arm. Right arm continues to circle in a clockwise direction (from the athlete's point of view).
7-8	Take right step, continuing in the direction of the leap, into 4th position relevé, right leg in front. Arms finish in Second Arabesque (left arm straight in front, slightly above shoulder level, right arm to the back slightly below shoulder level, both arms palm down)

## **ELEMENT 2: VERTICAL RIGHT HAND THUMB TOSS, 1 ½ SPIN TO LEFT, LEFT HAND BLIND CATCH**

START POSITION	Start facing the front with arms in a low V and a right 4th position tendu
TRICK	<p>Right hand vertical flourish (extending right arm), step into relevé 4th position on right foot, whip - pull left foot into right foot to 5th position relevé. Left arm extended at shoulder level to left side.</p> <p>Step forward on right toe into 4th position relevé. Right hand thumb release (centre of baton, centre of body); 2-3 revolutions of baton. Push off into 1 ½ spin left on ball of left foot (right foot closes against left ankle). Erect posture maintained with head in line with body on spin; hands placed at sides of hips, palms against body, fingers together in downward position.</p> <p>Finish spin facing back lunging left in 4th position by pushing right foot back (against floor) toward judge. Left hand blind catch thumb to ball or thumb to tip with left hand above left shoulder close to left ear, left arm bent, centre of baton (last eye contact with baton is off right shoulder). Right hand remains at side of hip for reception.</p>
FOLLOW THROUGH	Swing left arm down in back to a matched hand pass down in back (elbows straight) while turning right to face front.
FINISH	Right hand vertical flourish while stepping right foot to right side; arms passing through in 'V' position with palm facing left side Tendu left in 2nd position.

## **ELEMENT 3: 4 CONTINUOUS ELBOW ROLLS WITH RIGHT ARM LAY OUT**

START POSITION	Start facing the front with arms in a low V and a right 4th position tendu
TRICK	<p>Step into relevé 4th position on right foot, pull left foot into right foot to 5th position releve'; right hand vertical flourish (extending right arm arm), thumb to ball; left arm extended shoulder level to left side; swing baton down across legs (while moving right hand down from centre on baton) and change to left front oblique pattern.</p> <p>Step on left foot to left front oblique; body direction facing left front oblique (heads, hips and shoulders to left oblique); begin roll on elbow (oblique pattern). 4 continuous elbows, left-right-left-right with matching feet turning on ball of each foot (coordinating elbows with feet).</p> <p>Footwork executed in an arc (semi-circle) as follows:  Step # 1 with left foot, hips to left oblique, step # 2 is a turn on right foot, step # 3 is a step toward the front onto left foot with hips facing right side, step # 4 is on right foot directly to right side (or slightly forward), right toe may be facing diagonal right side on step, hips are facing front; slight hesitation will occur between steps #3 and #4.</p>
FINISH	Right arm lay out roll (directly to right side); opening left arm with palm up; shoulders and hips facing front; head to front, weight is on right foot, Tendu left in 2nd position.

## ELEMENT 4: 2 ½ CONTINUOUS FLAT NECK ROLLS

START POSITION	Start facing the left oblique with arms in a low V and a left 4th position tendu
TRICK	<p>One horizontal reverse figure 8 with chaîné turn left (loop under, over) with baton in front of the body between width of shoulders, left hand extended shoulder level to left side of body; stepping left, Ron turn to left front oblique. Move right hand slightly down from centre on baton while swinging baton across body (oblique pattern downward) to left side of neck. As baton is placed on left side of neck body direction is facing left front oblique (shoulders, hips and head facing left oblique).</p> <p>2 ½ continuous back neck rolls (oblique baton pattern); footwork for entire roll executed in an arc (semi-circle); both arms down and away from torso during the neck roll (elbows straight); palms facing down; thumbs of free hands at same level of other fingers.</p> <p>Roll Count 1 - baton released at left side of neck; step left foot to left oblique. corner (head, hips, shoulders facing left oblique)</p> <p>Roll Count 2 - baton on right side of neck; step right with 'turning' step</p> <p>Roll Count 3 - baton on left side of neck, step left with body facing right side</p> <p>Roll Count 4 - baton on right side of neck; step right with 'turning' step</p>
FINISH	Roll Count 5 - baton on left side of neck; step left directly to left side with body facing back; slight hesitation before receiving baton. Left hand palm down at right shoulder with right arm parallel to floor; body direction is directly to the back, feet in 2nd position relevé.

## ELEMENT 5: HORIZONTAL LEFT HAND TOSS, 1 ½ SPIN TO RIGHT, RIGHT HAND FLAT BACK CATCH

START POSITION	Start facing front, right arm out from shoulder left 4th tendu. Pull up into 5th position sous sous. Baton horizontal in left arm, arm in front of chest.
TRICK	<p>Feet in 5th position relevé, left front front; left hand horizontal figure 8 (loop over, under), thumb to ball; right arm extended shoulder level to right side. Step forward on left toe into 4th position relevé.</p> <p>Left hand horizontal toss (centre of baton, centre of body); 2 -3 revolutions of baton. Push off into 1 ½ spin right on ball of right foot (close left foot to right ankle in spin; erect posture maintained, head in line with body on spin; hands on hips with fingers together on spin).</p> <p>Right hand horizontal back catch (centre of baton, centre of waist); (last eye contact with baton over left shoulder); while pushing left foot back (against floor) toward judge into right 4th position lunge and simultaneously extending left arm diagonally up to back (head in line with arm, back straight, upper body in line with extended leg).</p>
FINISH	Step on left foot to right side; turn right to face front with right hand vertical flourish (extending right arm) while stepping right foot to right side facing front; tendu left in 2nd position, left arm remains diagonal to form a 'V' in front with flourish; palm facing left side.

## ELEMENT 6A: VERTICAL CONTACT MATERIAL

Telling	Beskrivelse
START POSITION	Face L side RF tendu devant (to the front of body) Arms in low 'V' Baton in RH, TTB (thumb to ball)
1	Body: Step back with R foot through first position using whole foot, to 4th position derriere on demi pointe Baton: RH reverse Figure-8 at shoulder height
2	Body: Extend LF back to tendu derriere, lowering R heel, finishing in 4th position lunge on RF with LF stretched Baton: RH thumb flip (1 to 1.5 rev), catch LH palm up, R arm in low 'V' on reception
3-4	Body: Transferring weight to LF, RF tendu to side Baton: LH flourish to L (back plane) facing back wall, R arm remains in low 'V'
5-6	Body: 1/4 turn to look over L shoulder to front, Weight remains on LF RF remains in tendu to side (same position as ending of count 4) Baton: LH BH flip (1 rev) Catch RH in Back Catch in Front Plane
7-8	Body: Still facing back wall, look over R shoulder for thumb release, look over L shoulder for RH catch (Flash Back) Weight remains on L foot with R foot in tendu to side Baton: RH flip, catch RH in Back Catch (Flash Back) Front Plane (1.5 to 2 rev) Arms finish in low 'V'

## ELEMENT 6B: HORIZONTAL CONTACT MATERIAL

Telling	Beskrivelse
START POSITION	Body: Facing R front corner RF tendu to R front corner Arms in Low 'V' Baton: Baton in RH, TTB (thumb to ball)
1	Body: and Step forward RF, Step forward LF (to ballet 4th position) with LF in front on demi-pointe. L arm extended from shoulder to 2nd position (body remains facing R front corner). Baton: One RH Horizontal loop under R arm
2	Body: L arm remains extended from shoulder. On reception, body remains facing R front corner. Baton: RH Horizontal thumb flip in High Horizontal Plane (1 rev) Catch overhead in R
3-4	Body: Left arm remains extended from shoulder to L side (2nd position) On LH Reception, R arm extends from shoulder to R side (2nd position) Note: the LH reception is overhead, facing front Baton: RH Horizontal thumb flip in High Horizontal Plane (1 rev). Step LF to L (facing front) Catch overhead (fingers up) in LH
5-6	Body: Turn Left to face back wall, weight remains on L leg throughout turn. Baton: From LH catch, 1/2 horizontal loop under L arm
7-8	Body: Facing Back Wall, Lunge to R, LF in tendu to 2nd position Arms finish extended back in 'V' Baton: LH release (Palm Up) in front plane (back of body) in waist-high Horizontal pattern to RH BH catch in front

## ELEMENT 7: STATIONARY COMPLEX - REVERSE ILLUSION

Telling	Beskrivelse
1	Vertical right hand whip - step forward on right foot
2-3	Flourish - pull left foot into right foot to 5th position relevé
4-5-6	Step forward or at a slight diagonal to left side (maintaining turn out) on right toe into 4th position relevé with release (left arm extended to left side, shoulder level). Right reverse illusion (right leg in the floor) - arms extended to side and complete turn to front and finish in 5th position releve (feet close together). Finish with body facing right side, feet in 5th position releve (right foot in front), rotate body to face front in 5th position relevé (feet close together).
7	Spot baton
8	Catch.

*Valgfri alternativ variant av element 7:*

*Left reverse illusion (left leg in the floor): exactly the reverse, but finish in 5th relevé (left foot in front).*

## ELEMENT 8: VERTICAL RIGHT HAND THUMB TOSS, 2 SPIN LEFT, LEFT HAND CATCH

Right hand vertical flourish, (extending right arm) thumb to ball or thumb to tip - step into relevé on right foot; whip - pull left foot into right foot to 5th position releve'; left arm extended at shoulder level to left side.
Step forward on right toe into 4th position relevé. Right hand thumb release (centre of baton, centre of body); 2-3 revolutions of baton.
Push off into two spins left on ball of left foot (right foot closes against left ankle). Erect posture maintained with head in line with body on spin. (no extra preparation of footwork is permitted before push off); hands on hips, fingers together when spinning.
Left hand catch (thumb to ball or thumb to tip) in right lunge 4th position facing front; (right foot forward, left foot back). (center lunge by stepping on right foot slightly in front of left foot while sliding left foot back (against floor) into right 4th position lunge); right hand extended to right side, shoulder level.
Left hand vertical reverse flourish (extending left arm), spinning left (begin spin by changing weight onto ball of left foot with slight draw-in of left foot, while swinging right arm down by leg and circling over the top of the back. Step down on right foot into tendu' left in 2nd position (with arms down to sides).