

The dancers were freaked out by swop. I reminded them that no one was hired to come in and do their specialty; they were hired to come in, dance and make it look cool.

—Hinton Battle

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body

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Biketard by LOLAstretch



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FITNESSbody

Tension Tamer

By Kristin Lewis; Consulting by Yamuna Zake

USE THIS SERIES TO ALIGN YOUR LOWER HALF AND RELEASE TENSION IN THE MUSCLES OF THE LEGS AND FEET.

Biketard by LOLAstretch

START POSITION. Stand on a foot saver (half balls) centered just in front of heels. Legs should be hip-width apart, with hips, knees, shins and ankles aligned. Relax toes and balls of feet on the floor. Throughout the series, maintain even breath and proper posture, with abs held, shoulders down, neck relaxed. Keep toes and balls of feet on the floor, taking care not to pronate or supinate.



1 Lift right arm straight up. Check posture.



2 Bend toward the left side as far as possible, shifting weight into right hip and pressing more weight into the right foot. Hold for 15-30 seconds.

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bodyFITNESS



3 Roll torso forward and place hands on the floor. Imagine sitz bones are lifting toward the ceiling. Slowly demi plié and straighten five times.

4 Keeping hips square (don't turn out), lift left leg to 90 degrees, parallel with the floor. Hold for 30 seconds.

REPETITIONS Repeat the entire sequence to the right and to the left with the foot savers placed in the following positions:

1. Underneath the heel.
2. At the back of the instep, just in front of the heel.
3. At the instep.
4. At the ball of the foot.
5. Underneath the toes.



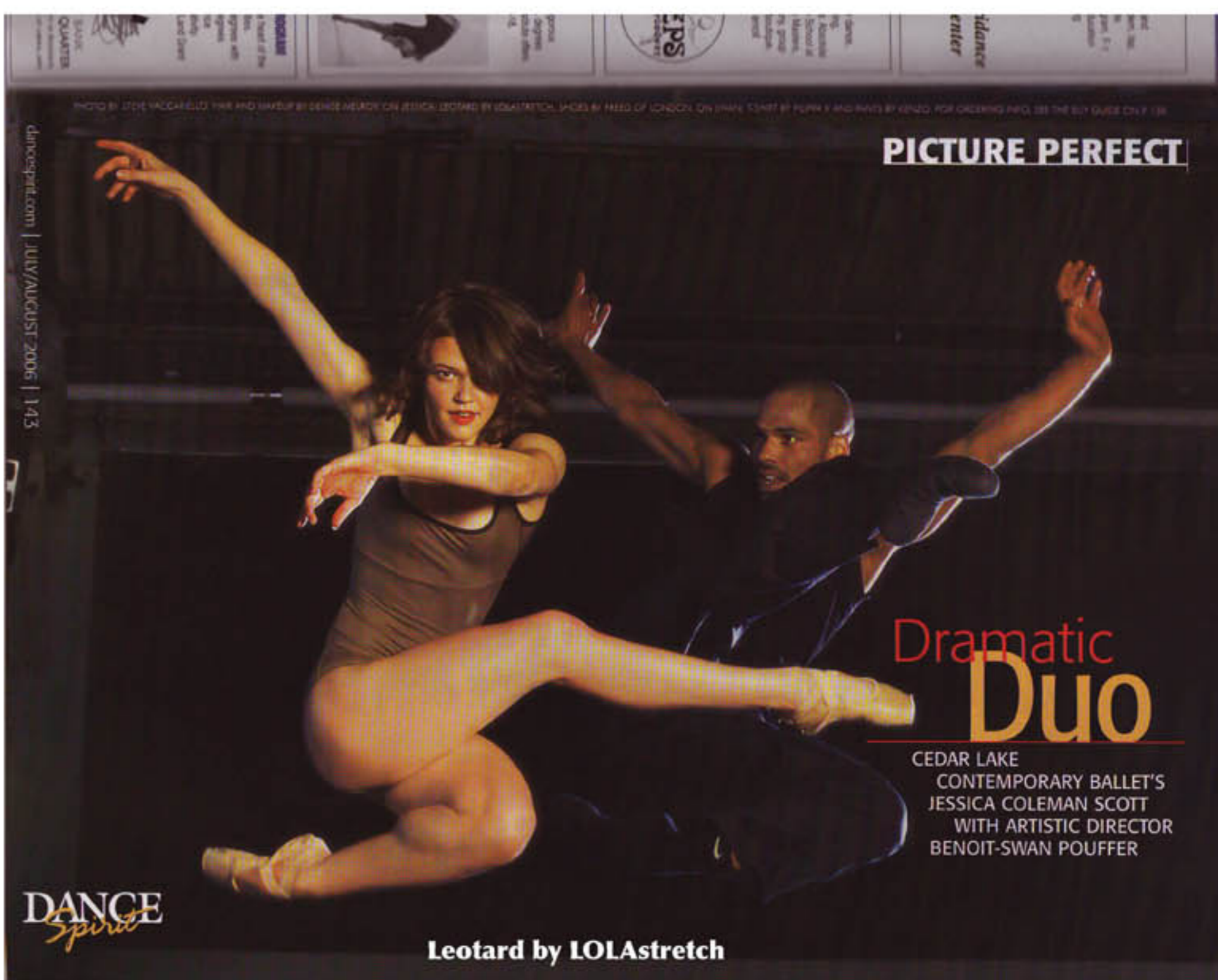
5 Plié. Hold for 15 seconds.



6 Straighten standing leg and lift working leg above 90 degrees. Hold for 30 seconds, then lower leg back onto foot saver. Repeat the entire series to the other side.

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PICTURE PERFECT



Dramatic Duo

CEDAR LAKE CONTEMPORARY BALLET'S JESSICA COLEMAN SCOTT WITH ARTISTIC DIRECTOR BENOIT-SWAN POUFFER

DANCE Spirit

Leotard by LOLAstretch