

### **Boys Floor Sequence: Advanced II Modern Syllabus**

Commence stage right central, facing stage right, feet parallel, arms down at sides.

- 1-2 High release
- 3-4 Maintaining high release peel away left shoulder, stepping out on L to side.
- 5-8 Step across on R (in preparation), body now facing front into extended dive roll towards SL finishing in press up position.
- 1-3 Peel R arm off floor leading from the elbow
- 4 Replace R onto floor and flick L arm out to SL
- 5-8 Folding L arm into body, lower into long roll, bringing knees in to finish in wide half kneel. L arm resting on top of L knee.
- 1-2 Putting weight into R hand, L extends at low level sharply to SL with L arm slicing to the back at shoulder level palm down, and rebounds to recover to wide half kneel.
- 3-7 Sinking through R side of body feed R shoulder to floor (R arm tucked inside body), swing L forwards into inverted roll across shoulders\* to finish in a ball with weight in arms on L side of body.
- 8 Keeping on L side with weight in hands, jump feet out into jazz 4<sup>th</sup>.
- 1,2,3 Step L through towards front, R steps underneath L, L steps over to finish facing SL in inverted table top – (2<sup>nd</sup> half six step)
- &4 Jump out to horizontal line, parallel to floor, head back, feet to side, weight in hands
- 5-6 R knee falls sideways towards front, hands take weight at R side of body as L swings over towards front with body at low level to floor. L foot flexed
- 7-8 Using rebound from swing of L roll upstage planting L foot and hand on floor
- 1-2 With feeling of 'barrel' bring R side over the top with R arm extended to finish in crouch facing RDF.
- 3 Step forwards on L maintaining facing. Body upright arms at sides
- 4 Isolated sharp bend of knees (jazz 4<sup>th</sup> feel)
- 5 Join both feet together into low level crouch
- 6 Spring forward into staggered freeze\*\*
- 7-8 Hold
- 1-4 Bring R to join L in small tuck, maintaining freeze (see options below)

---

\* Inverted roll across shoulders: Feeding weight through R side of body tucking R arm inside body, swing L to bring weight into shoulder, hips high, legs in 'V' shape (freeze). Continue to circle legs around tucking head in so looking through legs to ceiling in shoulder stand with legs still in 'V' on floor, arms extended above head. Continue circular pattern with legs moving onto L shoulder, R leg swinging back, folding in L leg and tucking L arm inside body to recover to small crouch on L side.

\*\* Staggered freeze: Body weight primarily in arms with L bent and resting on L upper arm. R on floor extended behind. Option for R side of head on floor or not.

5-8 Pushing out from arms and extending legs come to 'extended sit' facing RDB. Begin high release taken into middle back arch (as far as student can maintain, aiming head to floor)

1-7 Curve back to roll over R shoulder in extended roll, pushing onto L side of body bringing body into legs (feet dictate placement and hips push body back into ball), continuing to roll to R

8 Spring legs to jazz 4<sup>th</sup> facing SR, L forward with hands inside of L on floor.

1 Hold

2 Flick L arm to front (bringing back up)

3 Replace hands back on floor

4 Extend R arm to ceiling (palm to back) maintaining L on floor. Look to top arm

5 Replace R forearm on floor inside L leg

6 Kick/ extend L to second (towards ceiling) opening body flat to front

7 Hold

8 Fold L in to arrive in ball on L side

1 Flick L arm to RDF

2-5/6 Feed L arm underneath to roll over back stepping down with L to face back in narrow half kneel. Arms at sides

7-8 Making half turn to face front, exchange placement of feet so now L kneel and R stands going through standing to finish in narrow half kneel once again. Arms swing with impulse sideways up to parallel high as stand occurs, then initiated from elbows pull down into body into loose fists.

1 R hand pushes R knee sideways to floor towards SR

2-3 As continuation of pushing knee L swings around to find narrow half kneel facing back, L stand, R kneel.

4-5 Placing weight in L and keeping at low level, spin en dehors opening R knee and looking for floor with R hand to finish with weight in R hand and on L foot (folded in hips so R crosses L with knee open at ankle level facing RDB.

6-8 Using weight already in R hand throw R leg out and traveling towards LDB to spring into press up position facing LDF.

1-2 Bring/ slide feet and knees in towards body using abdominals and bending in arms into extended crouch in preparation

3 Extended press up jump (aiming for star shape)

4-5 Land back in extended crouch

6 Lunge forward with L, R hand on floor in opposition

7-8 Slide forward with R into narrow half kneel (L stands)

1 Feed R under L with flex and body forwards with weight in arms

2-4 Roll towards back transferring weight into L hand and foot, repeat feeling of 'barrel' bring R side over the top with R arm extended to finish in crouch facing LDF.

5(6) Throw weight backwards with feeling of high release arms extending up and outwards (as if knocked off balance, falling backwards)

7-8 Finish on back on floor in splayed out shape, natural response from fall. Hold.