

The Creative Movement Group

Basic Leaps Program

No of lines	Description of Exercise
1	Running on toes
1	Gallops on Right leg
1	Gallops on Left leg
2	Chasses (alternating Legs)
1	Step, step hop (RIGHT knee in passé)
1	Step, step hop (LEFT knee in passé)
1	Step, step hop (RIGHT leg devant straight)
1	Step, step hop (LEFT leg devant straight)
1	Step, step hop (RIGHT leg arabesque)
1	Step, step hop (LEFT leg arabesque)
1	Step, step hop (R leg devant straight), step hop, R leg arabesque)
1	Step, step hop (L leg devant straight), step hop, L leg arabesque)
1	Step stag leap on Right leg
1	Step stag leap on Left leg
1	Stag hop-split leap (alternating legs), développe working leg out
1	Stag hop-split leap (alternating legs), brush working leg out str.
1	Split leap, step split leap on Right leg
1	Split leap, step split leap on Left leg
1	Chasse, split leap, step split leap on Right leg
1	Chasse, split leap, step split leap on Left leg
1	Grande Jete en Tournant on Right leg
1	Grande Jete en Tournant on Left leg
1	Assemble to plié (1/2 line with Right leg, 1/2 line with Left leg)
1	Assemble to stag sissone R , Assemble to stag sissone L
1	Continuous Sissones (alternating legs)
1	Scissors kicks forward (1/2 line start R leg, 1/2 line start L leg)
1	Scissors kicks backward (1/2 line start R leg, 1/2 line start L leg)

No of lines

Description of Exercise

- 1 Cabriole kicks forward (1/2 line start **R** leg, 1/2 line start **L** leg)
- 1 Cabriole kicks backward (1/2 line start **R** leg, 1/2 line start **L** leg)
- 1 Fouette leap (1/2 line start **R** leg, 1/2 line start **L** leg)
- 1 Traditional Tour jete 1/2 line start **R** leg, 1/2 line start **L** leg)
- 1 Change Leg with **RIGHT** leg
- 1 Change Leg with **LEFT** leg

Continue with Gymnastics Skill repertoire