

Short Program Contact Series (Final)

Vertical 8-Count Series

Count	Body	Baton
Start Position	Face L side RF tendu devant (to the front of body) Arms in low 'V'	Baton in RH, TTB
1	Step back with R foot through first position using whole foot, to 4th position derriere on demi pointe	RH reverse Figure-8 at shoulder height
2	Extend LF back to tendu derriere, lowering R heel, finishing in 4th position lunge on RF with LF stretched	RH thumb flip (1 to 1.5 rev), catch LH palm up, R arm in low 'V' on reception
3, 4	Transferring weight to LF, RF tendu to side	LH flourish to L (back plane) facing back wall, R arm remains in low 'V'
5, 6	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)	LH BH flip (2 rev) Catch RH in Back Catch in Front Plane
7, 8	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	RH flip, catch RH in Back Catch (Flash Back) Front Plane (1.5 to 2 rev) Arms finish in low 'V'

Junior athletes will have 8 counts of music between the 2 Series

Senior athletes will have 8 counts of accessory material between the 2 Series

Horizontal 8-Count Series

Count	Body	Baton
Start Position	Facing R front corner RF tendu to R front corner Arms in Low 'V'	Baton in RH, TTB
1 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).	One RH Horizontal loop under R arm
2	L arm remains extended from shoulder. On reception, body remains facing R front corner.	RH Horizontal thumb flip in High Horizontal Plane (1 rev) Catch overhead in R
3, 4	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	RH Horizontal thumb flip in High Horizontal Plane (1 rev). Step LF to L (facing front) Catch overhead (fingers up) in LH
5, 6	Turn Left to face back wall, weight remains on L leg throughout turn.	From LH catch, 1/2 horizontal loop under L arm
7, 8	Facing Back Wall, Lunge to R, LF in tendu to 2nd position Arms finish extended back in 'V'	LH release (Palm Up) in front plane (back of body) in waist-high Horizontal pattern to RH BH catch in front plane (back of body) (1.5 to 2 revolutions)