

TIER 6/7 Provincials

March 6/7th, 2010

Tier 6

WALKOVER BACK

Best Part: Design improvement-start & finish, ending generally good

Needs work: Show surface arch, higher flexibility, uniform motion, many jerky walkovers.

HERON

Best Part: Risk generally good, verticality generally good

Needs work: Inconsistent between 1st part (which showed to be easy) & thrust. Show positions.

PORPOISE SPIN 360

Best Part: Extension

Needs work: Control throughout figure, spin needs continuous drop, lift, transitions

KIP TWIST 180

Best Part: From back layout to inverted tuck

Needs work: Travelling, stability in vertical, timing in transitions- control

Tier 7

IBIS CONTINUOUS SPIN – 720

Best Part: Assuming Ballet let

Needs Work: Tip around hip, crane position, loss of height between crane and vertical

CYCLONE

Best Part: Twirl to rise leg, surface arch (toe should be between knee & thigh)

Needs work: Stability, secure hips and shoulders

KIP SPLIT CLOSING 180

Best Part: Kip design, verticality, vertical descent, extension

Needs work: Some flexibility, square hips, timing, some travelled, height

GAVIATA OPEN 180

Best Part: Opening, walkouts (keep hips square before walkout)

Needs work: Some square hips, gaviata rotation (keep head in line with spine, timing, no rise, keep legs vert)