

## Reflections

### Lyrical

- Ballet sit left extended facing right, come up open to face back, rotate to face left, bring left through, stand up to push right forward, compass turn to end facing right, bring right up to passé, extend into arabesque facing left, pull back into soussus, bourrée turn to face front, pirouette left, angle fourth back.
- Pas de vals, pas de basque saute, jazz pas de bourrée, compass turn right, ending facing left, open, wrap facing left, pause, right arm circles over to push, left arm circles over to push, tuck and bend facing right, pop back kicking right foot front, fouetté to face left in an arabesque, promenade, in out with right leg, side tombé, ballet pas de bourrée, balancé, step out, attitude jump.
- Place fourth in front, open to second facing back, scoot turn right, tombé, dragging inverse, step back, pivot, jeté, sweep left back onto knee, spin on knees, right knee up facing right, split, back meets front, lay down, body roll up, hug knees, pop, thread the needle, back somersault, hop up, kick right front.
- En cloche, detourné