

WBTF SHORT PROGRAM

6. Short Program Contact Series (Final)

February,1 2020 Revision

Changes from Version 4 are indicated in blue

Changes from Version 5 are indicated in red

Changes from Version 6 are indicated in purple

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) The body in the flips (counts 5-6 & 7-8) is turned according to the shoulder flexibility of the athlete to maintain the correct pattern on the baton	LH BH flip (1 to 1.5 rev) Catch RH in Back Catch in Front Plane The flip should be released and caught in center of back
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 (1.5 to 2 rev), catch RH in Back Catch (Flash Back) Front Plane, Arms finish in low 'V' The flip should be released and caught in center of back. Both flips (count 5-6 & 7-8, should be in the same position.

Note: the definition of a flourish states the arm is straight

- Junior athletes will have 8 counts of music between the Vertical and Horizontal Series
- Senior athletes will have 8 counts of accessory material between the Vertical and Horizontal Series

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Horizontal 8-Count Series

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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 R in front above head level
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 in front above head level , facing front	RH Horizontal thumb flip in High Horizontal Plane (1 rev). Step LF to L (facing front) Catch in front above head level (fingers up with the palm of the LH facing towards to body) in LH
5, 6	Turn Left to face back wall, weight remains on L leg throughout turn. Right leg extended	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' Level with waist	LH release, eyes and head facing back (Palm Up) in front plane (back of body) in waist-high Horizontal pattern to RH BH catch in front plane (back of body) (1 to 1.5 revolutions)

- Junior athletes will have 8 counts of music between the Vertical and Horizontal Series
- Senior athletes will have 8 counts of accessory material between the Vertical and Horizontal Series

7. **STATIONARY COMPLEX – REVERSE ILLUSION ***

1. Right supporting leg
2. Vertical RH whip – step forward on RF
3. Flourish – pull LF into RF to 5th position relevé
4. Step forward or at a slight diagonal to L side (maintaining turn out) on R toe into 4th position relevé with release (L arm extended to L side, shoulder level)
5. R reverse illusion – arms extended to side and complete turn to front and finish in 5th position relevé (feet close together) – finish with body facing R side, feet in 5th position relevé (RF front),
6. Rotate body to face front in 5th position relevé (feet close together); spot baton
7. Catch RH.

* Left supporting leg: exactly the reverse, but finish in 5th relevé [LF front]