

**Cardio Pilates DCAC 09 Choreography**  
**Presented by: June E. Kahn,CPT**

**Inhale/Exhale**  
**Breathwork w/Plies**

**Inhale to V – 8 Count series**  
**Stretch to R Side –**  
**Stretch Up to V**  
**Stretch to L Side**  
**Stretch Up to V**  
**Squat 2 complete phrase**  
**Repeat 4X**

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**Roll Down/Roll Up 4X**  
**Standing Roll Down Series**

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**Standing Hundeds**  
**Shoulder Rolls –short and long level**

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**Hip Hinge –4C each way**

**Jazz Lunge Series with roll down (round back, flat back)**

**Jazzy Reach**  
**Trans: to ide to side lunges**  
**Straight/Diagonal Arms**

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**1. Plies**  
**Plie & Tap**  
**Plie & Abduction – Bend/Straighten/Bend/Abduct**

**Abduction Lifts to Side**  
**R & L**

**Standing Twists with Rib Cage Isolations**

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**2. Plie and Pivot**  
**Plie, Abduct Right/Plie 1/2 turn R/Plie Straighten/Plie/Pivot F**  
**Beat/Beat Squat**

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**4. Cross Over Sweep**  
**Hip Extension (Balletone/Hands on Thighs)**

**Swan Series / Neck Pull (4 directional changes)**

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**5. Walk Quick F 1,2,3**

**Circle leg 4 – 8**

**Walk Quick B 1,2,3**

**Circle leg 4 – 8**

**Out/Out/In/In**

**Side kick / Step Diagonal Back**

**Repeat sequence on other side**

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**6. Single Leg Kick – flx/pt/extend**

**(arms in scooped position**

**F/B Swing Kick**

**Side Kicks Alternating**

**Jazz Plies**

**Repeat Sequence other leg**

**Repeat Entire Sequence**

**7. Rotating Lunge:**

**Lift heel, Pivot to face side**

**Drop Knee, arms drops**

**Lift Knee**

**Jazz Walk F 4 with Leg Circle Walk B quickly with Leg Circle**

**Repeat Sequence**

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**Footwork:**

**Treading**

**1<sup>st</sup> Position Plies**

**Heel Lifts (Calves)**

**Squats**

**Squats w/one leg extended**

**Treading**

**Swivel Lunge (8 count series)**

**Cooldown.**

**Breathwork – Arms**

**Lateral Stretch – Standing Mermaid**

**Quad Stretch**

**Roll Down and Up**

**Sweater Unfold**

**End**

**Thank you for attending this workshop!**

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