

# Kindernastics Routines

Mary Poppins - 2018

## Beam

- ✦ Front support mount
- ✦ Leg swing over beam
  - ✦ Tuck sit
  - ✦ V-sit
  - ✦ Straddle sit
- ✦ Swing legs behind to cat pose
- ✦ Knee scale (hold for 1 second)
- ✦ Swing leg fwd. to kneeling position (arms in crown)
  - ✦ Stand to finish
- ✦ Arabesque (hold 1 second)
- ✦ Forward kick, Forward kick
  - ✦ Passé hold 1 second
- ✦ Straight body relevé  $\frac{1}{4}$  turn
- ✦ Jump of choice dismount

## Floor

- ✦ Beginning Pose – Snap
- ✦ Squat to floor
- ✦ Forward roll to
- ✦ 2 Passé walks
- ✦ Relevé tip toe turn, tip toe turn
- ✦ Levert to needle
- ✦ Candlestick
- ✦ Pike sit
- ✦ Table top
- ✦ Straight body
- ✦ Roll to tummy
- ✦ Kneel to stand
- ✦ Straight jump, Tuck jump
- ✦ End pose

# Rec. 1 Routines

Mary Poppins - 2018

## Beam

- ✦ Front support mount
- ✦ Leg swing over beam
  - ✦ Tuck sit
  - ✦ Lying pike
- ✦ Squat stand to Relevé
- ✦ Arabesqué on good leg
- ✦ Step kick, Step kick, Step to good side lunge
- ✦ Lever to mark "T" position (Hold 1 sec.)
  - ✦ Passé pose (Hold 2 Sec.)
  - ✦ Step lock, pivot turn
  - ✦ Straight jump
- ✦ Cartwheel to handstand dismount

## Floor

- ✦ Beginning Pose – Start at first ding
- ✦ Step kick  $\frac{3}{4}$  handstand – finish at ding
- ✦ Step kick cartwheel – finish at ding
- ✦ Backward roll in tuck position – finish at ding
  - ✦ Candlestick – finish at ding
- ✦ Forward roll in tuck position - finish at ding
- ✦ Step w/good foot side passé right, step side passé left
- ✦ Step forward passé on good foot, Relevé mark at dings
- ✦ Point opposite leg to mark, Chassé to kick, step together
  - ✦ Split jump, Relevé
- ✦ Step with arm pose, arm pose
  - ✦ Step to ending pose

Please be sure you are practicing these routines each night. We want to see that you are able to complete these on your own with slight assistance on skills.  
Take your time and finish all movements.

## Rec. 2 Routines

Mary Poppins - 2018

### Beam

- ✦ Front support mount
- ✦ Leg swing over beam, arm circle forward
- ✦ Whip to push-up position
- ✦ Jump to squat position, arms to ears
- ✦ Stand to relevé
- ✦ Weight transfer, mark opposite foot to front
- ✦ Rond De Jambe
- ✦ Arabesqué (hold 2 sec.), mark foot to beam
- ✦ Forward kick, backward kick, small squat to relevé
- ✦ Step kick, lever to needle scale, lever to lunge
- ✦ Passé pose
- ✦ Step lock, pivot turn
- ✦ Straight jump
- ✦ Fish pose, cartwheel to handstand dismount

### Floor

- ✦ Beginning Pose – Start at first ding
- ✦ Step kick handstand – finish at ding
- ✦ Step round-off, 3 backward steps – finish at ding
- ✦ Backward roll in pike position – finish at ding
- ✦ Candlestick to pike sit – finish at ding
- ✦ Bridge kick-over to good side lunge
- ✦ Step w/opposite foot to lock in high relevé
- ✦ Pivot turn, step pivot turn, point to mark w/opposite foot
- ✦ Chassé, leap 60°, step kick, passé
- ✦ ¼ turn, ¼ turn, plié - finish a ding
- ✦ Step together, split jump to relevé
- ✦ Step to end pose
- ✦ Pose to end

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## Rec. 3 Routines

Mary Poppins - 2018

### Beam

- ✦ Leg swing mount with ½ turn
- ✦ Whip to one knee (good leg hanging), pose arms
- ✦ Swing good leg forward to kneel on beam
- ✦ Stand, step to pose in plié
- ✦ Kick good leg forward, lever to handstand, lunge
- ✦ Step front foot back, ¼ turn to pose, ¼ turn
- ✦ 2 Relevé steps backward
- ✦ Rond De Jambe to Arabesqué
- ✦ Step leap, step cross pose
- ✦ Step together, stretch jump, stretch jump
- ✦ Step lock pivot
- ✦ Passé pose
- ✦ Step backward to fish pose
- ✦ Step kick cartwheel to handstand dismount.

### Floor

- ✦ Start at first ding
- ✦ Good side arm pose then opposite
- ✦ Good side leg kick the opposite
- ✦ Split jump, Stretch jump, bounce to side pose
- ✦ Step kick handstand limber, kick-over to lunge
- ✦ Snap to 4 dance poses
- ✦ Step kick handstand roll down step out
- ✦ Chasse, leap; leg swing, step together
- ✦ Backward roll to push-up position
- ✦ Slide knees to hands
- ✦ Split lunge to straight leg, slide to split
- ✦ Lay in lying prone; double stag pose; turn to kneeling pose
- ✦ Stand to finish, step kick ½ turn, plie to finish, step together.
- ✦ Tumbling pass, slide to the floor toward corner; sit up to side seated pose.

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