

Student Worksheet (Instruction Sheet)

Instructions	Notes
Instruction One Perform Movement 1 of your solos at the same time.	
Instruction Two Before you perform Movement 2, make a shift where person A shifts person B forward in space.	
Instruction Three Perform your Movement 2 solos at the same time.	
Instruction Four Person B will lift Person A so they are facing in a different direction.	
Instruction Five Person A should now learn Person B's Movement 3, performing this in unison. Person A you will perform this 3 times. Person B, join in on the third time.	
Instruction Six Person A falls backwards, allowing Person B to catch A.	

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Instruction Seven Perform Movement 4 of your solos at the same time.	
Instruction Eight Elevate Movement 5 of your solos.	
Instruction Nine Person B learns Person A's Movement 6.	
Instruction Ten Both Person A and Person B perform Movement 7; find a point of contact.	
Instruction Eleven To finish, perform Movement 8 in slow motion.	