

BeyondBarre Choreography- Glide to Side Attitude on Glide Board

Action	Choreography	Counts	Repetitions	Sets
Set-Up	Stand on the Glide Board against the bumper with both feet together. Place the hands on the hips and hinge forward slightly.			
Hands on Hips	Glide to Side with the hands on the hips. Push off the bumper, glide to the other side, and make sure both legs come together before proceeding to the other side.		8	4
Curstey	When you glide to one side drag the inside foot behind the other and place in onto the floor. Make sure to stop and bend both knees in a depper plié before going to the other side. Abdominals are in and up!		8	2
Hands on Hips	Glide to Side with the hands on the hips. Push off the bumper, glide to the other side, and make sure both legs come together before proceeding to the other side. This time try to increase the tempo of your glide.		8	4
Attitude	When gliding stop at one side and lift the leg up into a back attitude position.		8	2

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Action	Choreography	Counts	Repetitions	Sets
Hands on Hips	Glide to Side with the hands on the hips. Push off the bumper, glide to the other side, and make sure both legs come together before proceeding to the other side. Increase the tempo!		8	4
Curtsey	When you glide to one side drag the inside foot behind the other and place in onto the floor. Make sure to stop and bend both knees in a deeper plié before going to the other side. Abdominals are in and up!		8	2
Hands on Hips	Glide to Side with the hands on the hips. Push off the bumper, glide to the other side, and make sure both legs come together before proceeding to the other side. Increase the tempo!		8	4
Attitude	When gliding stop at one side and lift the leg up into a back attitude position.		8	2
Finish	To finish Glide to Side with the hands on the hips. Inhale to one side and exhale to the other. Slow down with each glide.		8	1

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