

DANCELINE FUNDAMENTALS:

Fundamental	Counts / Commands
MET 120	
Calypso Combination (16 Counts total) Piqué Chainé Calypso Axle	(5, 6, prep 7, 8....) Right side combination. Repeat for left side.
Six-Step Combination (24 Counts total) Single Pirouette Double Pirouette Triple (or More) Pirouette	(5, 6, 7, 8...) Right side combination. Repeat for left side.
Leap in Second Combination (16 Counts total) Right Jeté Leap in Second	(5, 6, 7, 8...) Right side combination. Repeat for left side.
Turns in Second (16 Counts total)	(1,2, prep 3, 4.....) Right turns only.
Kick Combination (32 Counts total)	(5, 6, 7, 8...) Kick on EVEN.
Renversé/Coupé Combination (16 counts total) Chainé Chainé Plié Renversé Pas de Bourrée Coupé	(1, 2 prep 3, 4) Right side combination. Repeat for left side. For the coupé turns, please do as many as you can with a minimum of a triple on the right side and double on the left side.
Flying Disc/Pitch Combination (16 counts total) Chainé Flying Disc and Roll Chainé Pitch and Roll	(1, 2 prep 3, 4) Right side combination. Repeat for left side.