

# WRITTEN MEASURES CHOREOGRAPHY FOR 2.2.22 WORLDWIDE DUET DANCE

## **I. First Minute Choreography**

1. Fold arms
2. Fold arms
3. One arm diagonal (either arm is fine)
4. Second arm make X
5. Leave
6. Arm in (ONLY your arm)
7. Arm In – Second arm and step in to face partner
8. Fingers
9. Pull–pull
10. Crumple into Fists
11. Fist hold
12. Flower grow 1,2, Open 3,4
13. Reach out
14. Open to parallel blades
15. Flat hands in front (Keep elbows high)
16. Straight arms open to sides
17. Attunement pose V
18. Spin
19. Embrace
20. Reach diagonal both arms soft
21. Reach diagonal both arms soft
22. Attunement pose V

## **II. Partners Create Their Attuning Dance**

## **III. Final 22 -Seconds Choreography**

1. Attunement pose V
2. Embrace
3. Hold embrace
4. Slow to attunement pose V
5. Step back to see hands
6. Open: Head back, arms out
7. Embrace in
8. Cross wrists
9. (Chord) - Hold Pose :)