

Heinz Spoerli
Urge – Boys A & B 2021

Transcription

Hello, my name is Arman Grigoryan and I will be coaching Heinz Spoerli's variation *Urge*.

- 0:13 We're going to take 4 steps, entering the space, stepping forwards and turn towards the back. We slowly go down placing the arm on the floor, putting the weight on it. Going down with the full body and wrap both arms around you, front and back, having the leg up. Looking the knee towards the ceiling.
- 0:44 And we're going to hit the floor with our heel. And in an accent, then closing to a ball. Turning on the stomach. Keeping the knees together.
- 0:56 The moment you turn to the other side, you have a little accent with opening the back. Then you roll back, keeping the head down.
- 1:16 This time, instead of only the knee, we will open arm and leg together out, with a little accent.
- 1:20 Then we start all with the leg, collecting, with later arm follows with a little turn of the shoulder, we're going to pull out, stretch out.
- 1:40 Drop down, with the leg from up, to the floor, and with the right arm push the elbow to push yourself up, bring yourself down.
- 1:51 Keeping the arm on the floor, and elbow, start the movement with the legs, over the toes, head goes under the arm, we roll on the stomach opening both arms.
- 2:08 Right arm comes right under ourselves to have a good place, stable place, to push the weight on it. For the jeté.
- 2:22 Then we drive the arm through the body, up to the chest, dropping the head back, and releasing again down to the floor.
- 2:33 Staying attached with the floor, we turn ourselves to parallel position with flexed feet. Most of the weight is on the heels and on the neck.
- 2:48 Then we keep turning, placing the arm under, having the leg up, bring down, turn the head, find position to push, having a stretched leg out.
- 3:07 We're going to sit, up. Then we have with the leg behind cross, turn, release out.
- 3:18 Through the second, bringing the right arm to the face, and having a throw.
- 3:27 Up, opening to second, collecting the leg under, over cross over the toes, sliding out and going up.
- 3:40 Through down, and out. We have slight change of lightness in the arms.
- 3:48 Collecting, making a preparation for one en dedans attitude pirouette, round. From there, we want to have a little bit of a contraction in the belly, in the stomach.
- 4:05 And have a little bit of a hit, to complete your turning and ripple down, close.
- 4:13 I show you from the side, this is the position you want to arrive after the pirouette.
- 4:19 So once I finished the turn, I open my right side, keeping the level flat to the side, going around and have a switch of the arms. My arm is in front of my face with a straight and strong position in front of me.
- 4:41 From there, I want to take step back, my arm joins the other one and I over cross gradually, growing up, up. Last one we go a little bit more and we go to close down position.
- 5:03 Again, I turn sideways. This is the position you want to arrive.
- 5:10 Now, from here, we start rotating our shoulders, releasing the leg to the side and the preparation to have a big jump fouetté, arriving to the floor.
- 5:31 Placing our hands, turning, opening on the floor.
- 5:42 Now, with my right leg I have a big round de jambe, over myself to look up the corner.



- 5:52 Now both hands are on the floor, my right arm goes over my head and close it. Now I use my right arm, my legs are closed and my left arm to use the force to turn and slide.
- 6:11 From there, I take a breath to stand my movement, I place my arms right under my shoulders so I have my weight on my arms, and collect my knees under me. As small as possible.
- 6:31 From there, going up, I use my right arm to make a force and dynamic change.
- 6:43 I bring down my left arm to my lower back, I hold my left wrist with my right hand, creating a slight tension in my back.
- 6:55 With my head I'm looking over in diagonal, over my shoulder and I start pulling and at the same time I change the position of my head to the other side.
- 7:08 Once I arrive to the other side, I release my arms.
- 7:15 And I turn to fourth position down.
- 7:20 From here, I use my back and my elbows to open up myself and go down back.
- 7:27 Now, dropping arms and turning facing the back
- 7:39 From here, I bring my left leg forward passé changing my focus and with a soutenu opening the leg run and sliding to collect.
- 7:51 You want to arrive to parallel position, elbow looking up.
- 7:57 From here, we're going to drop the arm with the knees and catch the elbow with the left arm.
- 8:06 To continue we open arm and leg side and using the movement to do a fouetté, step out, and walk, walk.
- 8:18 We're going to take with the left arm the right elbow and we go around, under, open, leaving the head, come back, opened arm, throw it back and open.
- 8:35 So, the rhythm will be like this, with a breath.
- 8:44 From there, we break the wrist, wrist, we hit, hit, open, down, close.
- 9:01 We're keeping the position, the weight mainly on the left leg, we turn to the other side.
- 9:12 From here, collect as a plié, push, jump head looking back. This is the position you want to arrive at the highest point in the air.
- 9:24 Landing from the jump, we go through second. We are gonna leave our leg hooked, flexing the right one, and then walk, walk, slide.
- 9:38 Having the hips diagonal, and slightly turn to the front
- 9:43 Run to the up corner, sliding, on demi pointe.
- 9:50 In V arms, now we're gonna let both arms, creating a contraction in the upper body and the chest and having the arms round.
- 10:02 From here, we want to step down, right leg and we're gonna have chenés around, arms are going around and open.
- 10:13 From here, we take the arm that's under the armpit taking over the movement and turning backwards, overcrossing our arms.
- 10:28 Sliding down to the floor, we use our left arm and a little force to make a turn, out, reaching out the floor.
- 10:44 In the beginning we collect ourselves, making sure that the right arm is in a good position that we can push ourselves to have a jeté round, land down, sliding the arm through the body and having a port de bras, and finish.