

AER Level 2: Shapes Routine - CYCLE 2

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It Takes Two - Camila Cabello (1min 50sec)
Video Link: [HERE](#)

Learning Blocks	SHAPE	Arm Lines & KCP
Start 16 counts in (on the lyrics)		
Learning Block 1	Hand lines at horizontal - ● 8 counts fists ● 8 counts stars	Strong straight arm positions at horizontal Shoulders relaxed away from ears
	Hand lines at vertical - ● 8 counts fists ● 8 counts stars	Strong straight arm positions at vertical Shoulders relaxed away from ears
	Jumping Jacks x2 ● 4 counts out phase of JJ ● 4 counts feet together	Knees bent, 45o hip width apart Heels down in out phase
	Stork Stand ● 8 counts Right leg stork stand hands on hips ● 8 counts Left leg stork stand hands on hips	Bottom leg straight Toe to knee passé position
Learning Block 2	Star transition down to the floor, roll to front support ● 8 counts for the entire transition, timing break down is not important but aim for about 2 counts per position	Star shape, step right leg BEHIND left leg, Place right hand on the floor and slide to L sit Continue rolling to the back to front support
	Front support ● Hold on toes for 6 counts, drop to knees for last 2 counts	Shoulders stacked on top of wrists, scapula depressed and pulled together, belly button pulled into spine and pelvis tucked, head in a neutral position
	4x knee push ups ● 2 counts down ● 2 counts up	Elbows bend out to the side, lowering chest to ground Body in strong straight alignment Head in neutral position
	Roll from front support to rear support ● Hold rear support	Fingers face towards toes, head in a neutral position, hips up, toes pointed, feet together
	Straddle ● 8 counts straddle sit ● 8 counts straddle legs lifted ● 8 counts straddle pancake	Rotate knees and feet to face upwards, point toes
	Tuck sit balance ● 8 counts	One hand on each knee, toes pointed, straight back, shoulders relaxed and neck long
	Controlled lower through dish to laying on back "snow angel" arms down to horizontal (preparation for kicks on back) ● 8 counts	Passing through dish shape No arch between lower back and floor, leg tension on
Learning Block 3	Laying HLK - with Bottom knee bent ● X 4 on right side with left knee bent ● X 4 of Left side with right knee bent	Controlled leg tension, power in kick, lower back not arching (Start on "Kelidostopics")
	Candlestick ● Hold 8 counts	Toes reaching up, not sagging behind head, wrists supporting lower back and elbows propped on the floor
	Tuck rock straight to stand rebound straight jump to strong landing	One hand on each knee, toes pointed, stand up with feet together and without using hands

	Scorpion kick to hands stand finish in lunge	Arms starting up by ears Arms finishing low diagonal in blades
	Cartwheel to finish in Star Shape	Arms starting up by ears Finding ing strong arms in high diagonal in Stars
Continue to refine this 2min sequence - Execution & precision in movements - Synchronization to music and as group		