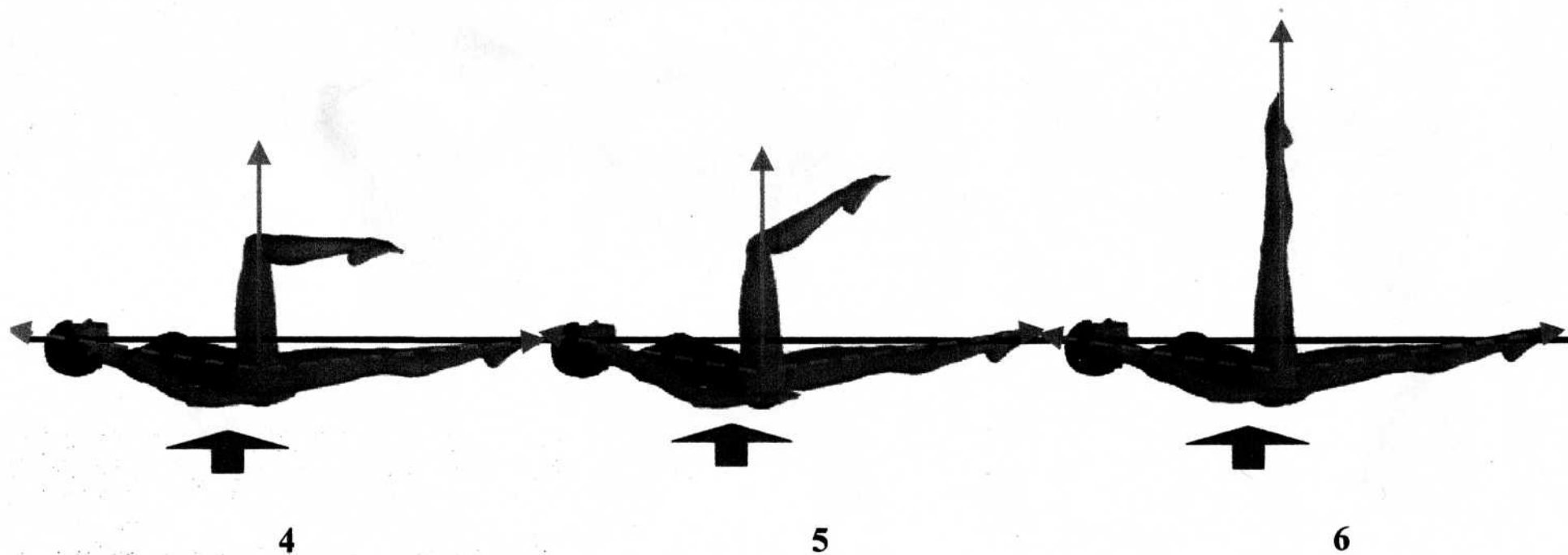
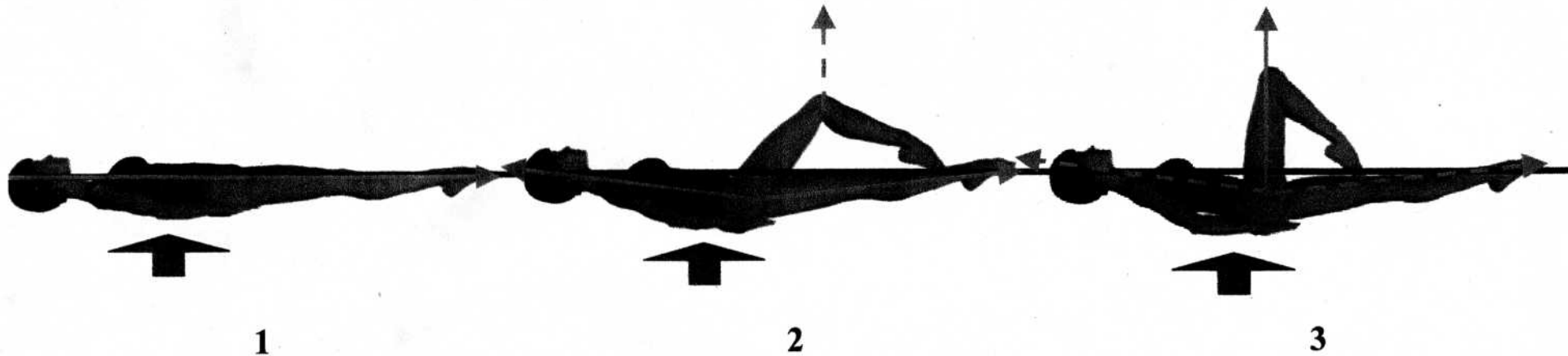
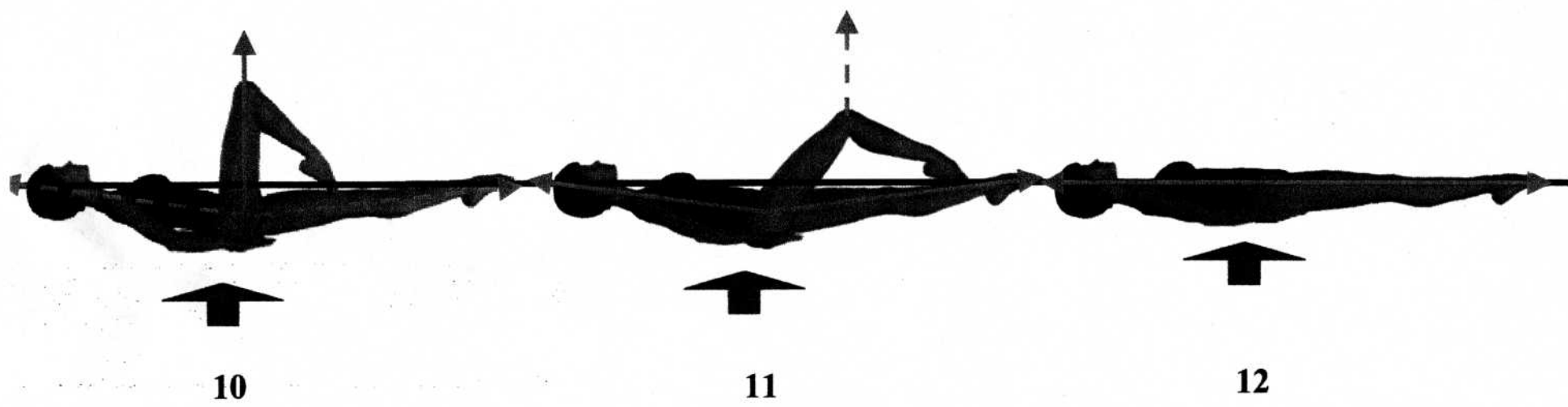


Ballet leg, Single right – page 1

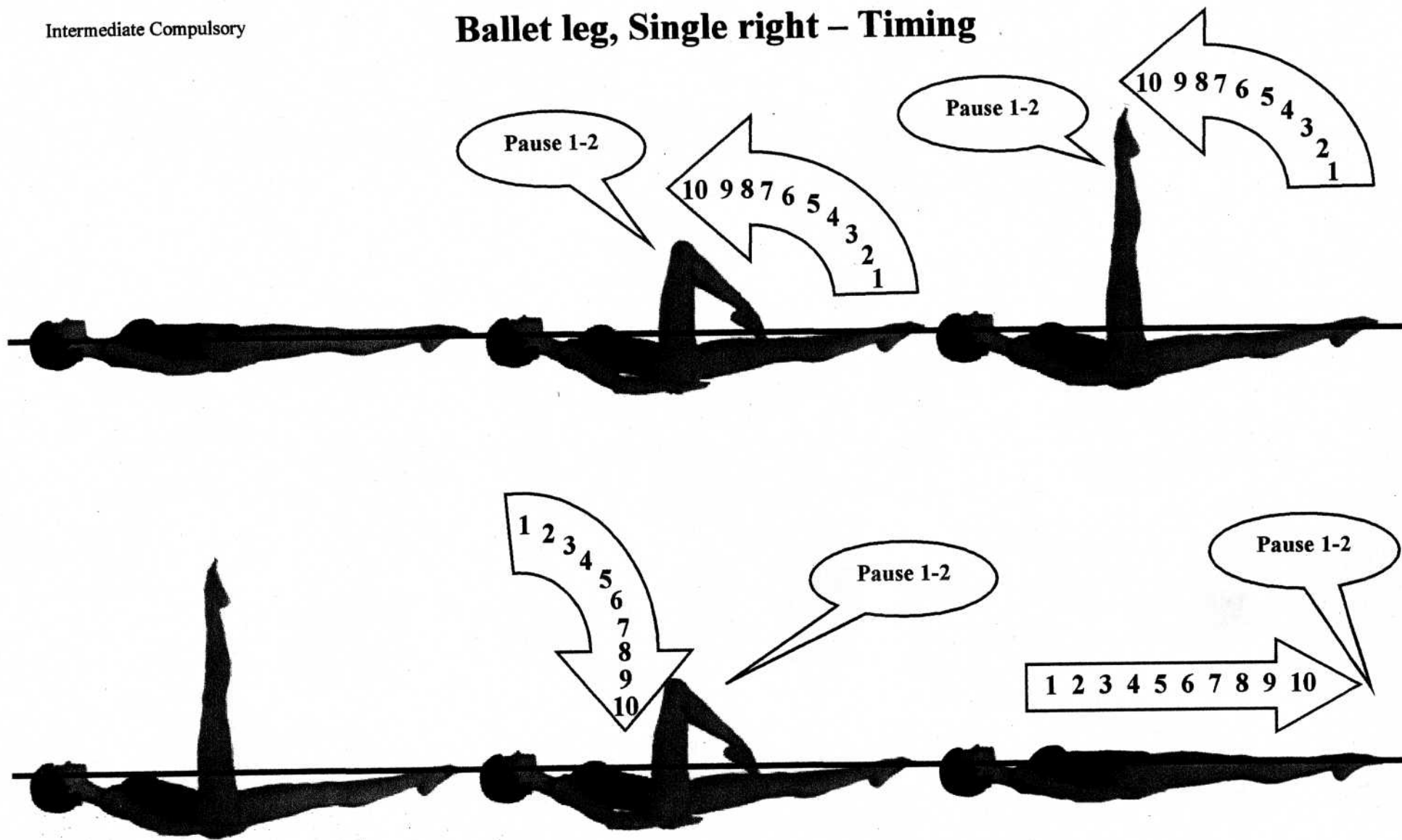


Intermediate Compulsory

Ballet leg, Single right – page 2



Ballet leg, Single right – Timing



Ballet Leg Single, Right or Left

Position	Extension	Hips		Hands
		Muscles Used	How	
Layout	Through the head and feet to the ends of the pool	Core muscles	Set at level 5	Back scull with little pressure.
Bent knee	Up through the thigh & knee	1. Buttocks 2. Hip flexors	1. Squeeze up to help keep hips up 2. Pull thigh up to the bent knee	Back scull with increasing tempo and pressure; wide flat back and elbows wide.
Ballet leg	Up through the thigh and then through the foot	1. Buttocks 2. Quadriceps	1. Squeeze up to help keep hips up 2. Straighten knee to vertical	Back scull with increasing tempo and pressure. Keep the back wide and flat.
Bent knee	Up through the thigh & knee	1. Buttocks 2. Hamstrings 3. Quadriceps	1. Squeeze up to help keep hips up 2. Bend knee from ballet leg to bent knee 3. Control rate of bend	Back scull with same tempo and pressure; wide flat back and elbows wide.
Layout	Through the head and feet to the ends of the pool	1. Core muscles 2. Hamstrings	1. Set at level 5 2. Straighten bent knee to the layout	Back scull with little pressure.