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1

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2

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5

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jeff howard
SCW STAR PRESENTER

6

Boogie Barre

By: Mac Carvalho

What is Boogie Barre?

Channel your inner dancer that will ignite the fire within you!

Inspired by VIIT, (Variable Intense Interval Training) Boogie Barre is a party off the ballet barre that will unleash your inner boogie.

This class is built off three pillars:

barre, dance and fitness.

Why combine Barre & Dance?

- I created this format because there was need for Barre & Dance classes to come together as one. Also, cardiovascular training is trending within barre classes.
- Traditionally, most classic Barre and Dance classes can come across very similar to one another. With Boogie, you get the best of both worlds!

Why NO Ballet Barre?

- When doing a traditional barre class with a ballet barre, you are limited to where you can present your classes. With being center floor, you have opportunities to take this class wherever your heart desires. Beaches, Parks, Breweries, etc.
- Like training wheels on a bicycle, the ballet barre represents the training wheels while you are the person operating the bicycle. Eventually, we remove the training wheels and start to ride the bicycle freely on our own.
- Doing the work in center floor will help create better spatial awareness, core stability, balance training, flexibility and improvements on their posture rather than relying on a ballet barre.
- Most times in traditional ballet or barre classes, participants rely too heavily on the barre. Most students tend to over grip while at the barre and Over-gripping can cause stress on the joints. Being in the center will allow you to draw more of your attention to the center than focusing on an external prop.
- Able to move our bodies more freely. Open the chain instead of closing it.

Footwear? Yes or No?

- During the main body of the workout, wear acceptable footwear that allows support of your feet. Since we do plyometric work, we need to protect our feet. However, when we enter the muscle conditioning tracks, participants have the option to remove their shoes.
 - Note: Diabetics MUST wear shoes at all times to prevent injury and infection.
 - Keep in mind that when wearing shoes, shoes that are stiff as a board cannot give you the full benefit or Range of Motion when performing certain movements. If you are going to wear shoes, make sure that they have a flexible sole (AKA, you can bring the toes to the heels easily!)
 - Regular socks are not recommended and should be used in a Boogie Barre class as they provide no traction, can cause injury quicker and you'll slip and slide all over the place. However, socks with grips are acceptable when performing the muscle based tracks!

What is VIIT training?

- **VIIT** stands for **Variable Intensity Interval Training**.
- **VIIT** is formatted to take participants through high, medium and low intensity phases.
- VIIT workouts increase your metabolism, boost overall mood, and burn more calories post workout! (EPOC)
- In Boogie, we see VIIT training throughout the class.
 - Cardio/HIIT exercises (high)
 - Dance Movements: (medium)
 - Barre Movements: (low).

Boogie Class Template

- 30 Minute Class Template

- Warm Up
- Plie's
- Tendu's & Degage's
- Cardio (1 or 2)
- 3A's (Attitude's Arabesque's, and Assets)
- Grand Finale
- Flexibility Training

- 45 Minute Class Template

- Warm Up
- Plie's
- Tendu's & Degage's
- Cardio 1
- Ronde de Jamb
- Fondu's & Developpe's
- Cardio 2
- 3A's (Attitude's Arabesque's, and Assets)
- Grand Finale
- Flexibility Training

- 55 Minute Template

- Warm Up
- Plie's
- Tendu's & Degage's
- Cardio 1
- Ronde de Jamb
- Fondu's & Developpe's
- Cardio 2
- 3A's (Attitude's, Arabesque's, and Assets)
- Grand Finale
 - 30 seconds of silence
- Armed & Dangerous
- Rock Bottom
- Shook to the Core
- Flexibility Training

Boogie Breakdown

- Intro // Outro
 - Intro's and Outro's are used to either preview movement to come, setting students up for success, or ignite the final pushes within a track.
- Verse // Bridge
 - In the barre tracks, the verse represents the ballet/barre inspired movement within a Boogie Barre Track.
 - In Cardio tracks, the Verse represents athletic, fitness style barre movement patterns within a Boogie Barre track.
- Pre - Chorus // Chorus
 - In the barre tracks, the chorus represents dance/dance inspired movement within the song.
 - In Cardio tracks, the chorus represents the BIG Push within the song.
 - Pre Chorus may also combine barre and dance patterns together, preps for the big push in cardio tracks, or may not exist within the track.

Boogie Barre Basic's

- Plie

- A smooth and continuous bending of the knees outward with the upper body held upright.
- Can be done in Parallel or Turn Out
- **Demi Plié:** Shorter Range Of Motion
- **Grand Plié:** Full Range Of Motion

- Tendu

- Tendu means "tight or stretched."
- One of the fundamental movements in ballet where the working leg is extended along the floor until only the tip of the toe remains touching the floor.
- Can be done in Parallel or Turn Out.

Boogie Barre Basics

- Degage

- Dégagé means "to disengage."
- Dégagé is a movement where the working leg "disengages" from the supporting leg.
- Dégagé's is similar to Tendu's but goes one step further by extending the leg up and out as the toe brushes off the floor and the leg lifts into the air slightly.
- Can be done in Parallel or Turn Out

- Ronde de Jamb

- a circular movement of the leg which can be performed on the ground (**A Terre**) or in the air. (**En'l'air**)
- Can be done in Parallel or Turn Out

Boogie Barre Basic's

- Fondu

- Sinking down –a term used to describe the bending and stretching of the standing leg.
- Can be done in Parallel or Turn Out
- Starts from either a Coupé or Passé.

- Developpe

- To Develop or Unfold in French.
- A movement in which one leg is raised to the knee of the supporting leg, then unfolded and kept in a fully extended position.
- Can be done in Parallel or Turn Out.

Boogie Barre Basic's

- Attitude

- Attitude is a classical ballet position where the working leg is lifted in the air to the front (devant), side (à la seconde) or to the back (derrière).
- The leg in the air is bent in a 90-degree angle and most often turned out so that the knee is higher than the foot.

- Arabesque

- Arabesque is one of the classic positions in ballet, where the working leg is fully straight extending long either on the floor (à terre) or in the air (en l'air).
- The supporting (standing) leg can be straight or in a demi-plié.

Boogie Barre Basic's

- Battement

- Meaning “beating” in French.
- A movement in which one leg is moved outward from the body and in again.
 - **Petite Battement:** Leg brushes up to knee height.
 - **Grand Battement:** Leg brushes up to hip height or higher.

- Coupe

- A French term in classical ballet that means "to cut."
- As such, it is a changing of the feet, whereby one foot cuts either in front of or behind the other.
- Can be done in Parallel or Turn Out

Boogie Barre Basic's

- Passe

- Passé is a classical ballet term meaning “passed.”
- It refers to the movement when a dancer goes through a retiré position, which is when one leg is bent so it looks like a triangle with the foot placed near the other leg’s knee.
- Can be done in Parallel or Turn Out

- Releve

- Relevé is a classical ballet term meaning “raised.”
- It describes the action when a dancer rises up and seemingly is standing “on their toes”
- Can be done in Parallel or Turn Out.

- Saute

- To jump off the ground on either one or two legs.
- Can be done in Parallel or Turn Out.

Boogie Barre Basic's

- Arm Positions

- 1st
- 2nd
- 5th
- Combo Arms
- Home Base

- Foot Positions

- 1st
 - Parallel & Turn Out
- 2nd
 - Parallel & Turn Out
- 3rd
 - Turn Out

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- use hashtag's #boogiebarre, #boogiebabe, #boogiebrigade, #barredancefitness, and #peaceloverainbows so I can like, share and comment on your pics! Make sure video's are 15 seconds or less when videoing this session.

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