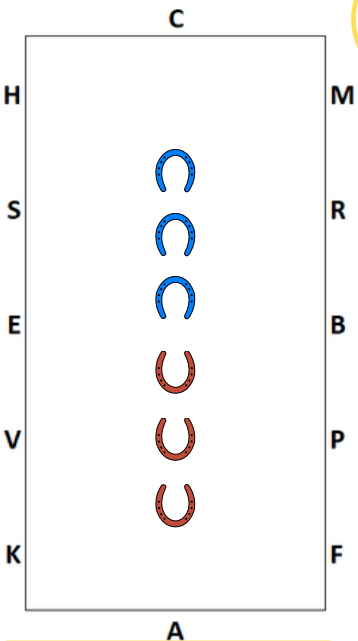


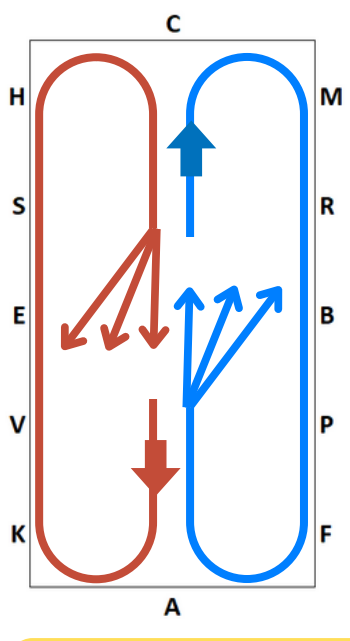
1



Start at A/C, walk into starting positions on centre line in halt.
Half the ride face C, half the ride face A.

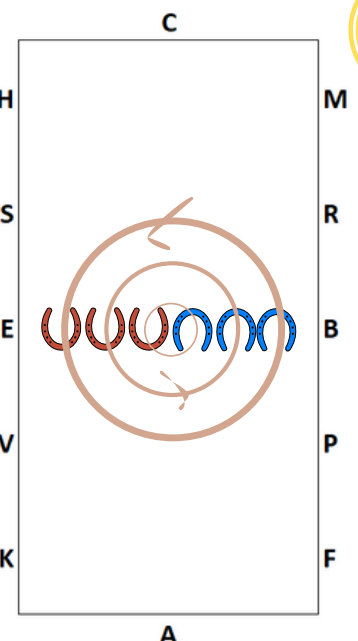
DM1

2



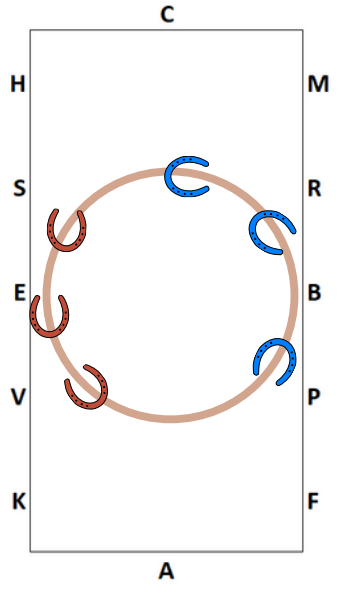
Ride forward in walk/trot, track right.
Ride around arena to A/C.
Turn up the centre line.
Leg yield into position on the EB line.
Halt, immobility, ready for The Wheel.

3

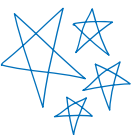
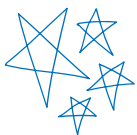


Wheel 360 degrees
Discuss safe spacing, body language
Speed of turns in relation to arc of circle.

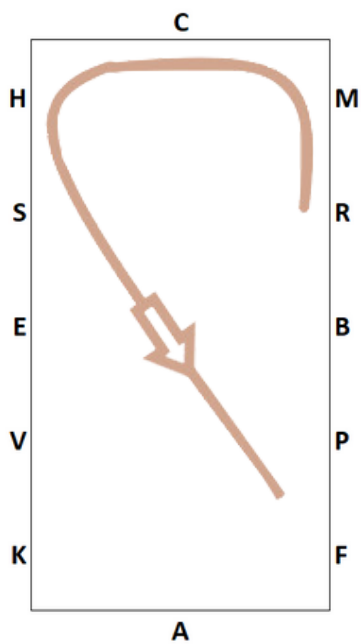
4



Outside riders in succession file out
Form a 20m circle around X
Trot/canter together as appropriate to group

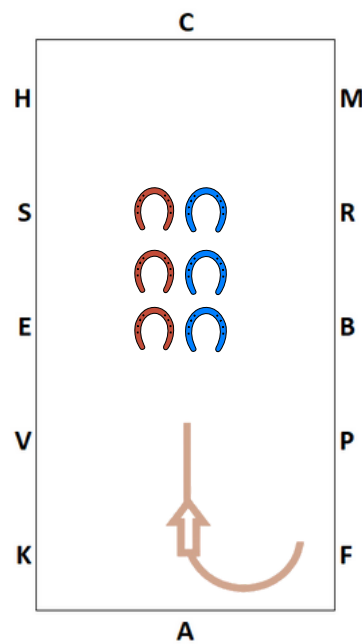


DISCO DRESSAGE



5

Go large as a ride
Ride across long diagonal
HXF, medium trot

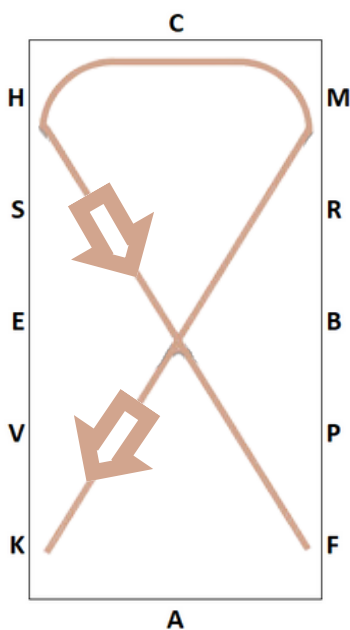


6

Ride into pairs.
Halt together facing C.

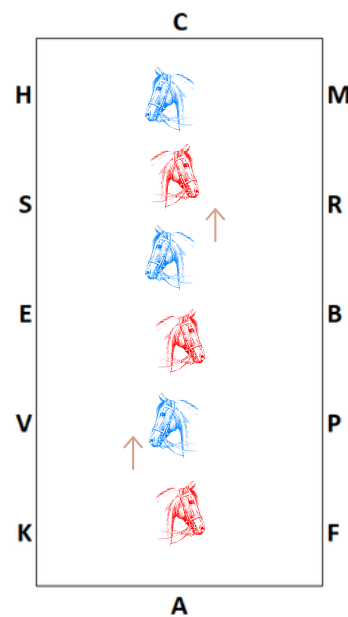


DM2



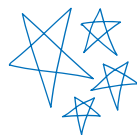
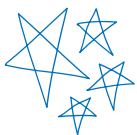
7

Weave in trot
(medium if available)



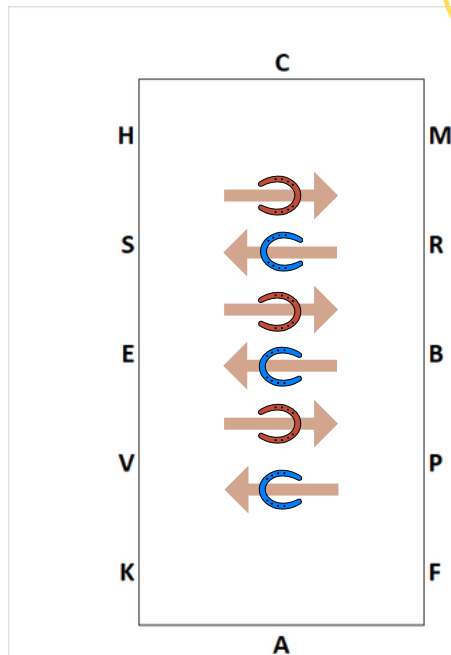
8

Walk up centre line towards C
Alternating shoulder - in
Track left and right at C




DISC DRESSAGE

9

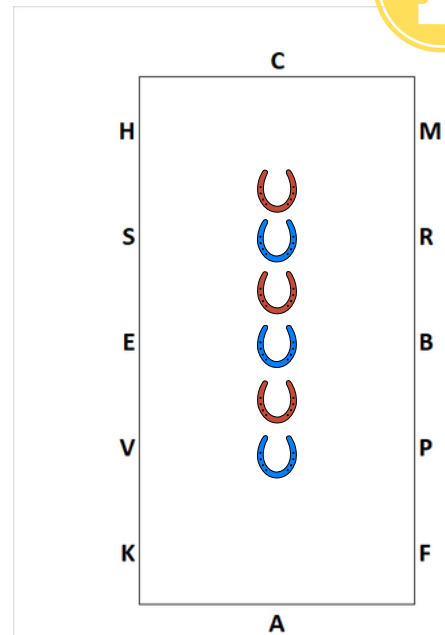


Halt on AC line facing alternate ways.
Riders' bodies on the C line
Halt, immobility.



DM3

10



1/4 turn on/about forehand
Face A.
Final position, halt, salute.



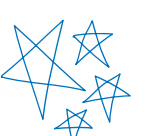
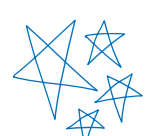
DM4

DM1 - shoulder shrugs

DM2 - straight forward with either arm leading with wrist and fingers pointing down, and back

DM3 - wind arm from elbow clockwise/anti-clockwise (mixing)

DM4 - jazz hands, alternating sides, final flourish



Warm up routine

Choreography by Anna Hawkins



Walk stretch for 5 mins, check tack - ask riders to adjust

Warm the horses up walk trot (and canter if safe) on both reins

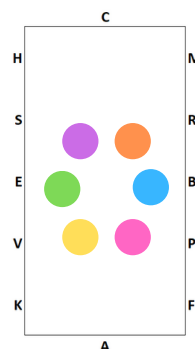
Talk through session plan

Make minor adjustments



For rider warm up, put all riders on circle around you at X, maintaining safe spacing

Change rein between exercises



HEAD

Chin to chest, look up x6
Ear to shoulder L/R x6
Look L/R x6

Breathing:

Put on a track they all know the words to and get them to sing as a group while riding

SHOULDERS

Up & down x6
Circle forward/backward x6

ARMS

Circle backward/forward each side x6

Arm into middle and trot if safe

