DISC. DRESSAGE

ABBA AW 2021 - 20x60

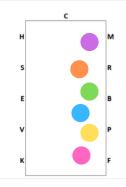
Choreography by Sofia Migliaccio Floorplanning by Anna Hawkins

> 1. Riders start work in trot (working or medium) and approach the A marker to trot in pairs up centre line. POWERFUL start - 22 seconds to get to start position (pictured)

C M R R B P F

6. Riders on inner track, collect trot and leg yield to track to file in behind partner

Ride in sequence down the centre line from C in trot, progressive/direct transition to halt. Immobility.



DISCO DRESSAGE

Purpose - improve arena entry confidence

While stationary facing C, DM1
 People everywhere' - outside arm shoot up at angle with palm outstretched
 Hanging in the air' - three shoulder

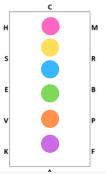
shrugs to bring arm down
"Cross the room" - look at partner
"Glowing in the dark" - outside fingers
across face

M R B

7. While stationary facing A, DM2 "I know what you think" - point forward "Offer her a drink" - drink "Looking mighty proud" - alternate L/R

arm drape over head
"Pushing through the crowd - push arm
"Master of the scene" - arm outstretch

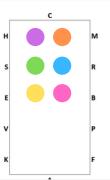
Voulez vous signature move - all in same direction



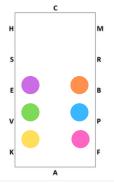
Safety - reiterate not to take hands off rein if feel unsafe

3. Turn on/about forehand to face each other and move closer (EB and SR riders)

"Voulez vous" - signature move, three at a time



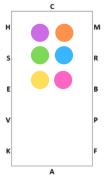
8. Split at A - left and right rein, keep parallel with pair, walk, trot or canter down long side - transition in AK/AF corner if canter, then shoulder fore canter for those who can



Safety - do not canter the group if any of the riders are not ready for this, play safe. Check spacing front, back and sides.

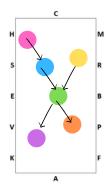
20 seconds of formation ride time

4. Turn on forehand to face C

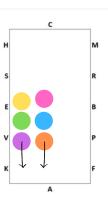


9. Pass left to left at c, transition to trot at C

MXK and HXF change rein in trot, weaving one in front of other. Medium trot for those who can. Working trot from K/F.



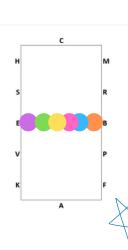
5. All riders track left and ride in level pairs in trot to A



10. Turn down centre line in pairs at A.

Filter into final position, progressively walking to EB line.

Halt, immobility, salute.





Safety - discuss body language of horses, spacing, appropriate pairing, riding shoulder to shoulder