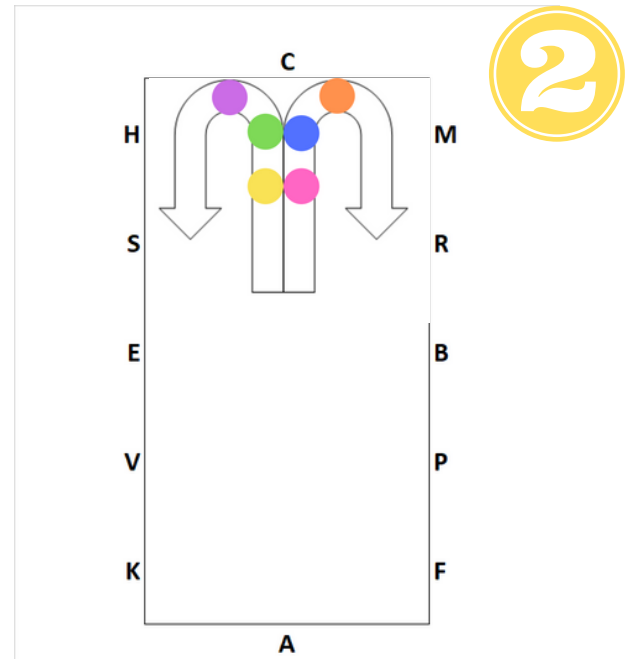


1

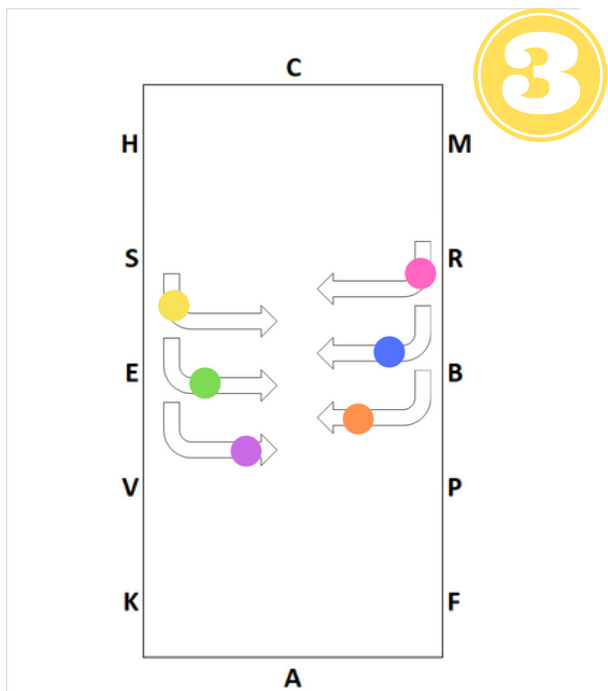
Riders stand halted in pairs facing C.

On "stamps" during intro music; shoot arm UP, OUT, DOWN. The head UP, OUT, DOWN.



2

Walk to C.
Track left/right

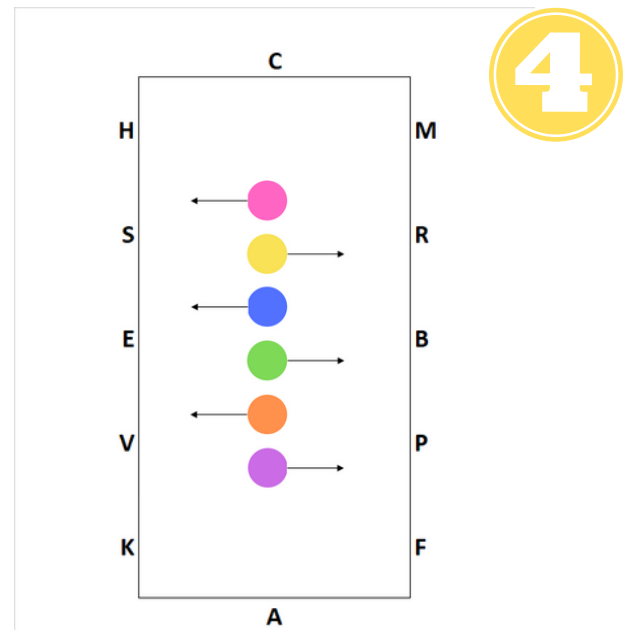


3

Turn Left/right towards centre line.

Halt next to each other, left hand to left hand.

Keep eye on partner, positioning.

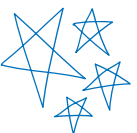
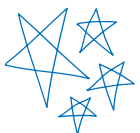


4

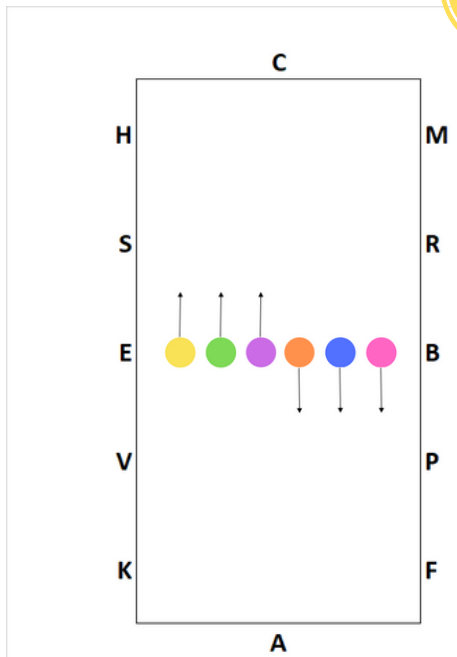
"Ladies & Gentleman, this is the moment you've been waiting for" - shoot arm up and out.

" Searching in the dark" - Sweep hands over eyes.

"Sweat" - Finger points down to ground.



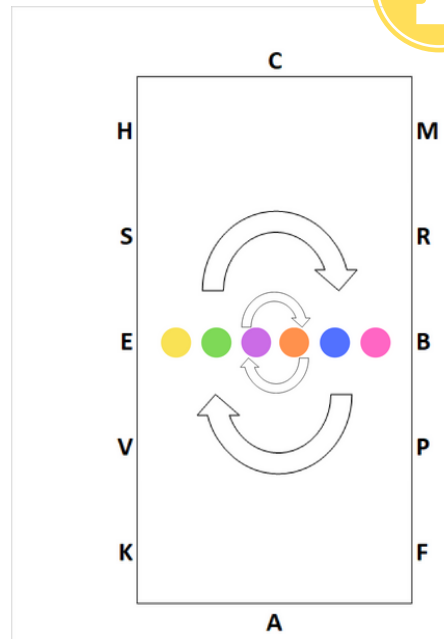
9



Walk/trot into original formation.

Accuracy and co-ordination

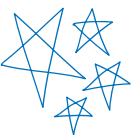
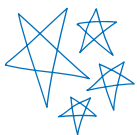
10



Purple/orange, turn on /about the forehand.

Green/blue, walk 10m circle.

Yellow/pink walk 20m Circle.



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

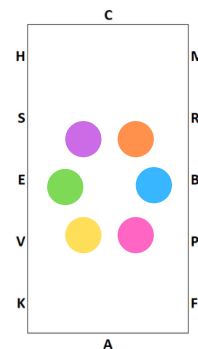
Talk through session plan

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

