

# F1-Solo Sea Spirit

JEFFRY HAMILTON STEELE

CMc  
CH  
CMt  
PL  
GT  
MO  
GT  
JS  
cross  
wrap around pull back &

tr  
lift  
curl hands scoop and drink  
fall off leg back under-over curve  
silence  
sunrise

swoop around lift curl under & through roll off  
& rise up  
seaweed

pull back and seaweed  
up and around  
yump down yump down  
yump down yump down

softly pull in  
curl hands  
curl hands  
stop lift to the back

curl hands scoop & drink back scoop & lay out up up

lunge back curve dive développé lay out whoop! step step lunge back around curve lift curl the leg in and développé

curl the leg in and développé curl the leg in and développé curl the leg in and développé

down up down up & curve lift open forte ronjejan back and up and down and up and up

and down and up and up and hitchkick and down and up and up and down chene chene hitchkick

chene chene and breathe pull down pull step

curve release high step jeté

gather and throw pull pull pull the strings