

Wet Barre™: More Booty

Katina Brock, MEd.

Fresh ideas to stimulate your gluteals and hips! Find inspiration in standing and floating positions to bring new life to this powerhouse complex of muscles that are often unbalanced and under developed; yet provide an important foundation for most movement!

No Equipment

- A. **Hopping Hip Opener** - while hopping on **L** leg, lift **R** knee across body to 10:00, sweep over to 1:00, 3:00 and then extend all the way back while straightening leg, and tap foot down at 7:00 w/ open **R** hip flexors!
- B. **Leaning Bicycle** - stand **L**, lean **L** w/ **R** leg up - (side arabesque). Bend **R** knee to bring leg in front of chest. Then extend **R** leg long and to the back leading with the heel. Keeping leg elevated at hip height. **L** arm is sculling. **R** arm can scull in front or progress to fingertips behind **R** ear.
- C. **Rear Hydrant Taps** - stand **L** leg. **R** foot pointed at 6:00 but off the floor. **R** arm out at 3:00. Lift back **R** leg up like a fire hydrant and pull arm down and tap foot.
- D. **Pigeon Toe Lift** - stand w/ **L** foot parallel knee bent. **R** toes turned in (pigeon toed) and touching **L** toes. Sweep **R** leg away towards 2:00. Keep **R** knee long. Press away w/ outside edge of **R** foot.
- E. **Point and Lean** - Extend **R** leg forward keeping ext. rotation and lean back. Return **R** leg toe through passé before extending back and leaning forward.
- F. **Rocking Arabesque** - from a standing position w/ one leg tucked in front, extend tucked leg back into an airplane or arabesque as you rock back onto the heel of the base foot (toes lift up). Return, repeat.
- G. **Arabesque Pivots** - stand **L** leg. **R** leg back in arabesque. Then pivot on **L** foot swinging heel towards 9:00. Torso rotates and now facing 3:00 while **R** knee bends and foot comes to inside of **L** knee/calf. May do w/ knee ending front or turned out pointing to 3:00.
- H. **Arabesque Sous Sous** - (“Airplane Slice”) releve on **L** leg. Bend **L** knee but stay in releve. Slight torso lean forward w/ straight spine. **R** leg lifts up in back, foot pointed. Then pull **R** leg down as **L** knee straightens. **R** foot taps **L** heel (which is still on toes).

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- I. **Lunging Glute Lifts** - lean forward head in line w/ back leg. Point back foot; hips square. Lift back leg; tuck tailbone (leg will lower). Lift/lower leg 2". Don't arch back, or thrust torso. Can also be done with externally rotated hip.
- J. **3-5 Lifts** - stand in parallel, weight on **L** leg. Abduct **R** leg to 3:00 (toes forward, not turned out). Adduct **R** leg in and back to 3rd pos. (**R** arch to **L** foot). Then abduct **R** leg back to 5 or 6:00 (turned out, foot pointed). Adduct **R** leg back to parallel start position.
- K. **Coupé Extend** - stand **L** 1st pos. Coupé **R** foot behind **L** calf w/ knee turned out. Foot active = Toe pointed or flexed. Tap **R** foot at **L** calf 3x keeping knee pulled out to the side as much as possible. Then extend **R** leg back keeping knee turned out and leg low!
- L. **Lucky Charms** - L3, knees bent, wide and feet touching like a diamond. Kick out from the knees 2x and return to diamond. Thighs stay still in space.

Noodle

- M. **Clam Shell (Behind)** - N behind back, lean **L**, feet together and up to **R**, knees apart. Open hip flexors so feet are behind you. Knees in line w/ hips! Open/close top knee (or both) repeatedly while keeping feet pressed together. IF feet are flexed, just heels together. IF pointed -then entire inside edge of feet stay connected.
- N. **Pretzel Sweep Under** - from pretzel position, free leg is behind pretzel either long or bent 90° (knee under hip). Adduct back leg under & slightly behind front leg. Front foot on noodle is flexed and presses to opposite side. Both legs adduct (passing each other); but also emphasize outer thigh abduction on back leg.
- O. **Pretzel Rudder** - from pretzel position, back leg braced against front heel. Internally and Externally rotate back leg while knee is bent 90°.