

## DANCELINE FUNDAMENTALS:

Fundamental	Counts / Commands
<b>MET 120</b>	
<p><b>Calypso Combination</b>  <i>(16 Counts total)</i>                      Piqué                      Chainé                      Calypso                      Axle</p>	<p>(5, 6, prep 7, 8....) Right side combination. Repeat for left side.</p>
<p><b>Six-Step Combination</b>  <i>(24 Counts total)</i>                      Single Pirouette                      Double Pirouette                      Triple (or More) Pirouette</p>	<p>(5, 6, 7, 8...) Right side combination. Repeat for left side.</p>
<p><b>Leap in Second Combination</b>  <i>(16 Counts total)</i>                      Right Jeté                      Leap in Second</p>	<p>(5, 6, 7, 8...) Right side combination. Repeat for left side.</p>
<p><b>Turns in Second</b>  <i>(16 Counts total)</i></p>	<p>(1,2, prep 3, 4.....) Right turns only.</p>
<p><b>Kick Combination</b>  <i>(32 Counts total)</i></p>	<p>(5, 6, 7, 8... ) Kick on EVEN.</p>
<p><b>Renversé/Coupé Combination</b>  <i>(16 counts total)</i>                      Chainé                      Chainé Plié                      Renversé                      Pas de Bourrée                      Coupé</p>	<p>(1, 2 prep 3, 4) Right side combination. Repeat for left side.                      For the coupé turns, please do as many as you can with a minimum of a triple on the right side and double on the left side.</p>
<p><b>Flying Disc/Pitch Combination</b>  <i>(16 counts total)</i>                      Chainé                      Flying Disc and Roll                      Chainé                      Pitch and Roll</p>	<p>(1, 2 prep 3, 4) Right side combination. Repeat for left side.</p>