

# floorwork

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STBDancing.com

Laying on the floor in a big X breathe in  
and out in and out before slowly quietly  
relaxing into the floor contract on the right  
side bringing the elbow and knee towards  
the midsection and then expanding out  
towards that X again before breathing into  
the left body half pulling the right leg  
across the breathing breathing left leg  
dragging your body along the floor  
allowing gravity to hold it down breathing  
breathing flip to the other side of the body  
breathing continuing on to the second  
side and then breathing breathing curling  
into a ball and expanding outward  
reaching reaching reaching