2014 – 2017   FIGURES for DELFINIK
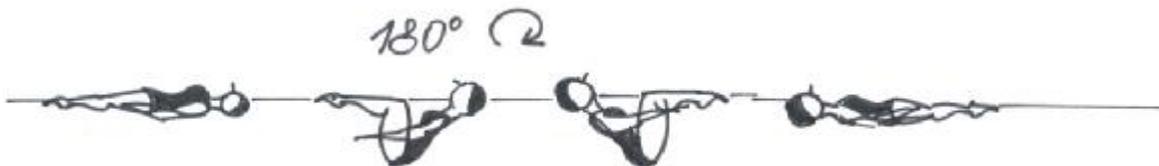
DELFINIK 1

1. To Assume a Bent Knee Back Layout Position BP1-BP14-BP1   DD 1.2

Begin in a **Back Layout Position.** . One leg remains at the surface throughout. The foot of other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The thigh of the bent leg is perpendicular to the surface. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed

2. Tub Half Twist   BP1-BP15-Half Twist-BP1   DD1.2

From a **Back Layout Position** the knees and toes are drawn along the surface to assume a **Tuck Position**. A Half Twist on surface is executed. The knees and toes are drawn along the surface to assume a **Back Layout Position.**

3. Front Layout Position to Bent Knee BP2-BP14-BP2 DD1.2
From Front Layout Position - the body is extended with head, upper back, buttocks and heels at the surface, one leg remains at the surface throughout. The foot of other leg is drawn along the inside of the extended leg to assume a **Bent Knee Front Layout Position**, with the toe of the bent leg at the knee or thigh.

4. Back Layout Position to Back Pike Position BP1-BP11   DD1.1
From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just below the surface.

JM, 3.3.2014

2014 – 2017   FIGURES for DELFINIK

DELFINIK 2

1. BP1-BM1-BP3 To Assume Ballet Leg DD1.2

Begin in a **Back Layout Position.** One leg remains at the surface throughout.
The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position.** The knee is straightened, without movement of the thigh, to assume a **Ballet Leg Position.**

2. BP2-BM4-BP10 To Assume a Front Pike Position   DD1.1

From a **Front Layout Position** as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.

3. 315 Kipnus   DD 1.6

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed.
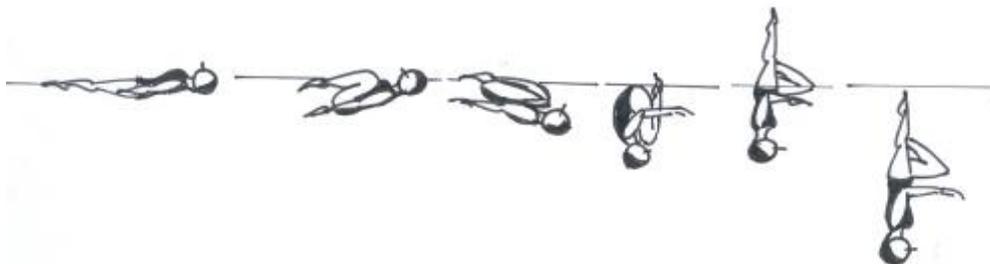
### 4. BP16-BP16-Walkout /Partly Ariana/   DD 1.6

The movement start in a **Split Position**. The hips remain stationary as one leg is lifted in an arc over the surface to meet the opposite leg. The front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position** and with continuous movement, an *Arch to Back LayoutFinish Action* is executed.

*JM, 3.3.2014*

DELFINIK 3

1. 310 Somersault Back Tuck   DD 1.1

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. Legs, from toes to knees, slide along the surface to reach full extension as the body attains maximum height on the same spot as the starting **Back Layout Position.**
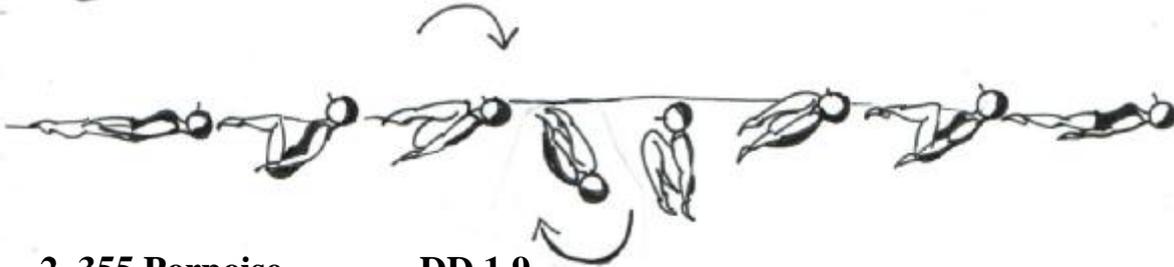
2. 355 Porpoise   DD 1.9

From a **Front Layout Position**, a *Front Pike Position is assumed.* The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed.
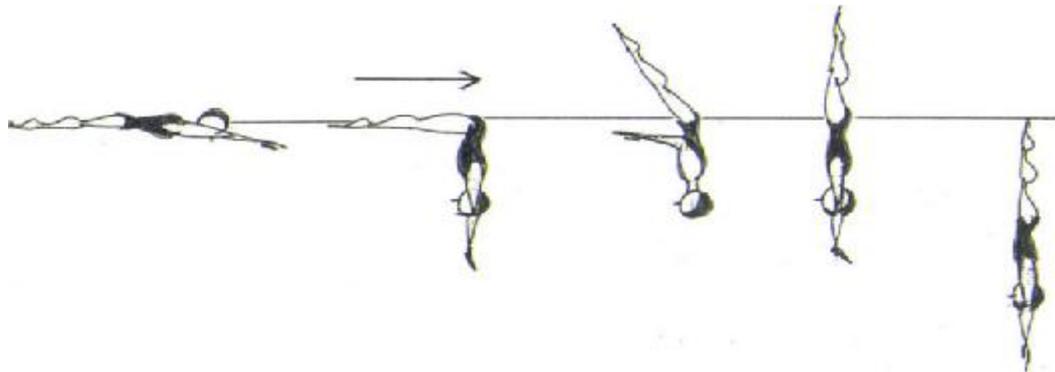
3. 101 Ballet Leg Single DD 1.6

A *Ballet leg is assumed*. The *Ballet leg is lowered*.

4. 301 Barracuda   DD 2.0

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.