

Toe-Pivot

Técnica de pés Técnica de pés

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The image displays five staves of musical notation for Toe-Pivot exercises. The first staff is in 4/4 time, showing a sequence of notes with 'T' and 'P' markings below. The second staff is in 2/4 time, showing a sequence of notes with 'P' and 'T' markings below. The third staff is in 4/4 time, showing a sequence of notes with 'P' and 'T' markings below. The fourth staff is in 2/4 time, showing a sequence of notes with 'P' and 'T' markings below. The fifth staff is in 4/4 time, showing a sequence of notes with 'P' and 'T' markings below.

- Toe: dedo do pé em inglês.
No T vamos tocar com a ponta do pé.

- Pivot: giro.
No P é quando tocamos com o calcanhar pra dentro.

*Lembra SEMPRE de respirar e manter o pé o mais relaxado possível.