

# Beginner Review

## Detailed Review by Body Part

### Lower Body

#### Remember

- ☞ The knees are slightly bent
- ☞ All steps need to be as smooth as possible
- ☞ These steps are building blocks for other steps.

#### Foot

- ☞ *Heel toe*
- ☞ This is as it states a heel toe movement with a slight twist to the hip.
  - ☞ Practice both feet
  - ☞ Upper body is still,
  - ☞ arms are initially still.
- ☞ *Step point*
  - ☞ in place
    - ☞ This is a step to the side, alternating feet.
    - ☞ You step out with toe pointed,
    - ☞ when you bring the foot back in, you bring it back to where it started.
    - ☞ You step out with the other foot
    - ☞ You bring it back to where it started
    - ☞ This one is used to measure time
  - ☞ as travel step
  - ☞ This is a step to the side walk. It is a traveling step.
    - ☞ Forward / Backward
      - ☞ You step out, with the right foot, toe pointed,
      - ☞ when you bring the foot back in, you bring it in front of the left foot
      - ☞ give a slight dip to the knees.
      - ☞ You repeat with the left foot.
      - ☞ You alternate feet to walk forward.
      - ☞ In walking back you
        - ☞ step one foot behind the other foot.
        - ☞ This should be a graceful movement.
    - ☞ with hip thrust
      - ☞ Once you have the step point you combine it with a hip thrust as you step out.
      - ☞ Step point out the right,
      - ☞ thrust the right hip then
      - ☞ bring the foot back in, in front of the left foot.
      - ☞ Repeat with using the left foot
    - ☞ with double hip thrust
      - ☞ Once you have the step point you combine it with a hip thrust as you step out.
      - ☞ Step point out the right, thrust the right hip twice
      - ☞ then bring the foot back in, in front of the left foot.
      - ☞ Repeat with using the left foot

#### Hip

- ☞ *Camel walk*
- ☞ Once you have perfected pelvic flutter, you need to combine it with a foot roll.

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### Lower Body

- ☞ When the pelvis is back the foot is on the heel.
- ☞ When the pelvis is centered, the foot is flat.
- ☞ When the pelvis is lifted forward, the foot is on the ball.
- ☞ This is a very smooth movement.
- ☞ Practice it with each foot.
- ☞ Once the foot movement is smooth add a small arch and contraction.
  - ☞ When the pelvis is back, the foot on the heel, you lift your rib cage and gently arch your back.
  - ☞ When the pelvis is centered, the foot flat, the back comes to the straight position.
  - ☞ When the pelvis is lifted forward, the foot on the ball, then you contract slightly in the middle.
- ☞ Use your arms for balance and grace
- ☞ *Circle*
  - ☞ clockwise
    - ☞ Slide hips to the left,
    - ☞ move round to the front (use a lift in the pelvis),
    - ☞ then around to the right,
    - ☞ then to the rear (slight pelvis back lift).
    - ☞ This is a clockwise circle.
    - ☞ Remember you are moving from the waist down, the upper part of you body is not moving.
    - ☞ Concentrate on where your weight is.
    - ☞ Think about lifting the toes of the foot where the weight is not
    - ☞ You need to get this step as smooth as possible.
  - ☞ counter clockwise
    - ☞ Slide hips to the right,
    - ☞ move round to the front (use a lift in the pelvis),
    - ☞ then around to the left,
    - ☞ then to the rear (slight pelvis back lift).
    - ☞ This is a counter clockwise circle.
    - ☞ you are moving from the waist down, the upper part of you body is not moving.
    - ☞ Concentrate on where your weight is.
    - ☞ Think about lifting the toes of the foot where the weight is not
- ☞ *half*
  - ☞ This is only the right and left sides and back NEVER the front part of the hip circle.
  - ☞ You swing from one side to the other.
- ☞ *walking*
  - ☞ forward
    - ☞ Close your eyes and concentrate where you weight is.
    - ☞ Practice lifting the toes of the foot where there is no weight
    - ☞ Once you can lift a foot as you do the circle, work on sliding it forward to walk.
    - ☞ Generally we use the clockwise to walk forward.
  - ☞ backward
    - ☞ Close your eyes and concentrate.
    - ☞ Practice lifting the toes of the foot where there is no weight
    - ☞ Once you can lift a foot as you do the circle, work on sliding it backward to walk.

# Beginner Review

## Detailed Review by Body Part

### Lower Body

- ☞ Generally we use the counter clockwise to walk back.
- ☞ with bounce
  - ☞ Once you have the circle going smoothly you can bounce with it.
  - ☞ Generally the bounce is done using the heels.
  - ☞ They are lifted up and down as you circle
  - ☞ This can be done in either direction
  - ☞ This can be done to the beat of the music
- ☞ with dip
  - ☞ Once you have the circle going smoothly you can dip.
  - ☞ The dip is done by bending the knees further then where you started.
  - ☞ You bend up and down as you circle
  - ☞ This can be done in either direction
  - ☞ This can be done to the beat of the music
- ☞ *Drop*
- ☞ You should be able to feel the drop of the hip.
  - ☞ single
    - ☞ front
      - ☞ The hip is out to the front,
      - ☞ the foot is posed on the ball
      - ☞ Drop the hip down.
    - ☞ Side
      - ☞ The hip is out to the side,
      - ☞ the foot is posed on the ball.
      - ☞ Drop the hip down.
  - ☞ double
    - ☞ front
      - ☞ regular
        - ☞ The hip is out to the front,
        - ☞ the foot is posed on the ball.
        - ☞ Drop the hip down
        - ☞ then drop it again.
        - ☞ This is a double drop step – drop drop, there is no additional lift in between!
      - ☞ With kick
        - ☞ The hip is out to the front,
        - ☞ the foot is posed on the ball.
        - ☞ Drop the hip down
        - ☞ Lift the hip
        - ☞ then drop it again and kick out the foot
        - ☞ repeat
    - ☞ Side
      - ☞ The hip is out to the side,
      - ☞ the foot is posed on the ball.
      - ☞ Drop the hip down then drop it again.
      - ☞ This is a double drop step – drop drop, there is no additional lift in between!
- ☞ *Figure eight*

# Beginner Review

## Detailed Review by Body Part

### Lower Body

- ☞ The best way to practice this is to draw a mental (or actual) figure 8 or infinity sign on the floor and have your hips follow it.
  - ☞ inward
    - ☞ The inward figure eight is where the hips are drawn into the center of the body.
    - ☞ Push the left hip around and forward so that the hips are on a diagonal.
    - ☞ Push the power into the right hip so it slides along and pushes out.
    - ☞ Push the right hip around and forward so the hips are on a diagonal.
    - ☞ Push the power into the left hip so it slides along and pushes out.
    - ☞ Repeat.
    - ☞ Again you are hinged at the waist and the upper body does not move.
  - ☞ Outward
    - ☞ The outward figure eight is where the hips are pushed out to the walls of the room away from the center of the body.
    - ☞ Push the left hip forward so that the hips are on a diagonal.
    - ☞ Push the power into the left hip and push it out.
    - ☞ Push the left hip around and back so the hips are on a diagonal.
    - ☞ Push the power into the right hip so it slides along and pushes out.
    - ☞ Push the right hip around and back so the hips are on a diagonal.
    - ☞ Repeat.
    - ☞ Again you are hinged at the waist and the upper body does not move.
  - ☞ with dip
    - ☞ Once you have perfected the figure 8 then you can add a dip
    - ☞ The dip is done by bending the knees further then where you started.
    - ☞ You bend up and down as you circle
    - ☞ This can be done to the beat of the music
    - ☞ This can be done in either direction
  - ☞ with bounce
    - ☞ Once you have perfected the figure 8 then you can add a bounce.
    - ☞ Generally the bounce is done using the heels.
    - ☞ They are lifted up and down as you circle
    - ☞ This can be done in either direction
    - ☞ This can be done to the beat of the music
- ☞ *Knee Shimmy*
  - ☞ in place
    - ☞ With this shimmy you use your knees
    - ☞ thrust the hips up and down.
    - ☞ The more you bend your knees the higher the hip thrust
    - ☞ Keeping the arms still and breathing regularly is easy with this type of shimmy.
  - ☞ walk
    - ☞ Once you have the knee shimmy down you need to get your balance.
    - ☞ You need to know where your weight is before you try to walk
    - ☞ Once you have your balance you walk forward or back.
    - ☞ It is a very staccato walk.
  - ☞ walk
    - ☞ to the side
    - ☞ Once you have the shimmy and the walk down you can walk side to side

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- ☞ going right
  - ☞ step with the right
  - ☞ bring the left to the right foot.
  - ☞ Then repeat.
  - ☞ the feet do not cross over.
- ☞ Going left
  - ☞ Step with the left
  - ☞ Bring the right to the left foot
  - ☞ the feet do not cross over.

#### ☞ *Basic Shimmy*

#### ☞ This is your main shimmy

##### ☞ In Place

- ☞ The knees are slightly bent.
- ☞ The hips move forward and back.
- ☞ You are hinged at the waist
- ☞ the upper body does not move.
  - ☞ Tense the buttocks and abdomen for a controlled shimmy.
  - ☞ Relax the buttocks for a looser shimmy.
- ☞ Start slow and gradually build up speed.
- ☞ You need to know where your weight is before you try to walk.
- ☞ The arms are initially still.
  - ☞ You must learn to control them.
  - ☞ Use the wall to keep them still as you practice the shimmy.
- ☞ Also remember to breathe!!
  - ☞ You must learn to control your breathing so that you breathe in a regular way.
  - ☞ Do not hyperventilate or stop breathing!

##### ☞ Slide

- ☞ Once you are comfortable with the shimmy you can slide
- ☞ While shimmying move the hips out side to side.
- ☞ Do not lift the hip only slide them from side to side.

##### ☞ with dip

- ☞ Once you are comfortable with the shimmy you can add the dip
- ☞ The dip is done by bending the knees further then where you started.
- ☞ You bend up and down as you circle
- ☞ This can be done in either direction
- ☞ This can be done to the beat of the music

#### ☞ *Slide*

- ☞ Hip slides to the side (pushing hip out as far as it will go),
- ☞ returns to the center,
- ☞ out to the other side and back to the center.

#### ☞ *Thrust*

##### ☞ single thrust

- ☞ front
  - ☞ The hip is out to the front,
  - ☞ the foot is posed on the ball.
  - ☞ Thrust the hip upward then release it.

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#### ☞ Side

- ☞ The hip is out to the side,
- ☞ the foot is posed on the ball.
- ☞ Thrust the hip upward then release it.

#### ☞ double thrust

- ☞ This is a double thrust and there is a release in between thrusts.

#### ☞ front

- ☞ The hip is out to the front,
- ☞ the foot is posed on the ball of the foot.
- ☞ Thrust the hip upward,
- ☞ release it,
- ☞ thrust it up again
- ☞ and release.

#### ☞ Side

- ☞ The hip is out to the side,
- ☞ the foot is posed on the ball of the foot.
- ☞ Thrust the hip upward,
- ☞ release it,
- ☞ thrust it up again
- ☞ and release.

#### ☞ Pelvis

##### ☞ *Lift or flutter*

- ☞ This is the building block for several steps and sometimes is used by itself
  - ☞ Move the pelvis from the back
  - ☞ to the front in one smooth fluid motion
  - ☞ Then to the back again

#### ☞ Specialized steps

##### ☞ *Grape vine*

- ☞ The grape vine is a cross over traveling step. It depends on the direction you are traveling.
  - ☞ going left
    - ☞ the right foot crosses over the left with a twist of the body.
    - ☞ The left foot then steps out to the left
    - ☞ the right foot steps behind the left foot with a twist of the body.
    - ☞ The left foot steps out again and you repeat the step.
  - ☞ going right
    - ☞ the left foot crosses over the right with a twist of the body.
    - ☞ the right foot then steps out to the right
    - ☞ the left foot steps behind the right foot with a twist of the body.
    - ☞ The right foot steps out again and you repeat the step.