

Beginner Review

Detailed Review by Body Part

Upper Body

☞ Remember

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

☞ Abdomens & Diaphragm

- ☞ Place a hand on the stomach and the diaphragm to make sure you do not pull the diaphragm in at the same time.
 - ☞ Pull only the abdomen in and out.
 - ☞ Pull only the diaphragm in and out.

☞ Abdomens

- ☞ *Simple slow roll.*
- ☞ This is a 4 part, 2 muscle movement.
 - ☞ Start relaxed.
 - ☞ Pull in the abdomen;
 - ☞ pull in the diaphragm,
 - ☞ release the abdomen,
 - ☞ release the diaphragm.
 - ☞ Repeat
 - ☞ Can be reversed

☞ Arms / Hands

- ☞ *Arms*
 - ☞ *Mummy arms*
 - ☞ Arms are crossed at wrist, palms facing outward and at cheek level
 - ☞ *Harem arms*
 - ☞ Arms up on either side of the head, palms out, top of hands almost touching
 - ☞ *Surround the face arms*
 - ☞ One arm is up and over the head, rounded, palm facing the head.
 - ☞ The other is crossed over the front of the body, rounded, palm facing outward, fingers near cheek
 - ☞ *Brush the forehead*
 - ☞ Side
 - ☞ One arm is out to side (almost pointing), palm up
 - ☞ the other is rounded up on the other side, with hand at head almost in a salute but soft
 - ☞ Forward
 - ☞ One arm is out front (almost pointing), palm up
 - ☞ the other is rounded up on the other side, with hand at head almost in a salute but soft
 - ☞ *Brush the cheek*
 - ☞ Forward
 - ☞ One arm is out front (almost pointing),
 - ☞ the other is bent at the elbow, with hand at the cheek
 - ☞ Side
 - ☞ One arm is out to the side (almost pointing),

Beginner Review

Detailed Review by Body Part

Upper Body

☞ the other is bent at the elbow, with hand at the cheek

☞ Circle

☞ around the body

☞ simultaneously

☞ Start with hands on either side of the hips. Palms up holding a coin.

☞ Both wrists are facing forward.

☞ Letting the wrist lead move both hands to the front,

☞ turn fingers – tips brushing,

☞ go to the back

☞ then turn when comfortable,

☞ repeat

☞ singular

☞ Start with one hand on either side of the hips and the other placed on the hip.

☞ Palms up holding a coin.

☞ The wrist is facing forward.

☞ Letting the wrist lead move the hand to the front

☞ Turn around

☞ Then go to the back.

☞ After several moves switch hands.

☞ Snake

☞ Practice near a wall and as the hand comes up and down have it brush lightly against the wall. This will help maintain the roundness of the arm,

☞ Single Arm

☞ on the side

☞ Have arm rounded,

☞ hand in front of pelvis,

☞ fingers facing the side,

☞ palm up as if holding a coin.

☞ Slowly bring arm up to the side,

☞ rounded as if holding a barrel (or draped over one)

☞ fingers facing the floor.

☞ Slowly move hand up,

☞ wrist leading till over head,

☞ then turn palm up to ceiling.

☞ Come down slowly,

☞ keeping arm rounded till the bottom,

☞ turn hand in front of pelvis

☞ fingers pointing to the pelvis,

☞ palm up as if holding a coin.

☞ Repeat.

☞ 45 degree°

☞ Have arm rounded,

☞ hand slightly turned,

☞ fingers pointing at the hip or in front of hips

☞ palm up as if holding a coin.

☞ Slowly bring arm up

Beginner Review
Detailed Review by Body Part
Upper Body

- ☞ rounded as if holding a barrel (or draped over one)
- ☞ fingers facing the floor.
- ☞ at 45 degree angle to body,
- ☞ Slowly move hand up,
- ☞ wrist leading till over head,
- ☞ then turn palm up to ceiling.
- ☞ Come down slowly,
 - ☞ keeping arm rounded till the bottom,
 - ☞ turn hand,
 - ☞ fingers pointing at the hip,
 - ☞ palm up as if holding a coin.
- ☞ Repeat.
- ☞ in front
 - ☞ Have arm rounded,
 - ☞ hand in front of pelvis,
 - ☞ fingers pointing to the pelvis,
 - ☞ palm up as if holding a coin.
 - ☞ Slowly bring arm up in front,
 - ☞ rounded as if holding a barrel (or draped over one)
 - ☞ fingers facing the floor.
 - ☞ Slowly move hand up,
 - ☞ wrist leading till over head,
 - ☞ then turn palm up to ceiling.
 - ☞ Come down slowly,
 - ☞ keeping arm rounded till the bottom,
 - ☞ turn hand in front of pelvis,
 - ☞ fingers pointing to the pelvis,
 - ☞ palm up as if holding a coin.
 - ☞ Repeat.
- ☞ Both Arms
 - ☞ Alternating
 - ☞ on the side
 - ☞ Have one arm rounded,
 - ☞ hand in front of pelvis,
 - ☞ fingers facing the side,
 - ☞ palm up as if holding a coin.
 - ☞ The other is over head,
 - ☞ palm to the ceiling,
 - ☞ fingers pointing to the wall.
 - ☞ Slowly bring arms up / down to the side,
 - ☞ rounded as if holding a barrel (or draped over one)
 - ☞ fingers facing the floor / ceiling.
 - ☞ When you are half way you should be able to look over and see the top of one hand and the palm of the other.
 - ☞ Slowly continue the movement,
 - ☞ move hand up / down,

Beginner Review
Detailed Review by Body Part
Upper Body

- ☞ wrist leading, keeping arms rounded, till one is over head and the other at the bottom,
- ☞ then turn palms up to ceiling.
- ☞ Repeat.
- ☞ 45 degree°
 - ☞ Have one arm rounded,
 - ☞ hand slightly turned,
 - ☞ fingers pointing at the hip,
 - ☞ palm up as if holding a coin.
 - ☞ The other is over head,
 - ☞ palm to the ceiling,
 - ☞ fingers at an angle over the head pointing to the wall.
 - ☞ Slowly bring arms up / down to the side,
 - ☞ rounded as if holding a barrel (or draped over one)
 - ☞ fingers facing the floor / ceiling.
 - ☞ When you are half way you should be able to look over and see the top of one hand and the palm of the other.
 - ☞ Slowly continue the movement,
 - ☞ move hand up / down,
 - ☞ wrist leading, keeping arms rounded,
 - ☞ till one is over head and the other at the bottom,
 - ☞ then turn palms up to ceiling.
 - ☞ Repeat.
- ☞ in front
 - ☞ full
 - ☞ Have one arm rounded,
 - ☞ hand in front of pelvis,
 - ☞ fingers facing the pelvis,
 - ☞ palm up as if holding a coin.
 - ☞ The other is over head,
 - ☞ palm to the ceiling,
 - ☞ fingers pointing to the back.
 - ☞ Slowly bring arms up / down in front,
 - ☞ rounded as if holding a barrel (or draped over one)
 - ☞ fingers facing the floor / ceiling.
 - ☞ When you are half way you should be able to look at your hands and see the top of one hand and the palm of the other
 - ☞ Slowly continue the movement,
 - ☞ move hand up / down,
 - ☞ wrist leading, keeping arms rounded,
 - ☞ till one is over head and the other at the bottom,
 - ☞ then turn palms up to ceiling.
 - ☞ Repeat.
 - ☞ with a flutter
 - ☞ Have one arm rounded,
 - ☞ hand in front of pelvis,

Beginner Review

Detailed Review by Body Part

Upper Body

- ☞ fingers facing the pelvis,
- ☞ palm up as if holding a coin.
- ☞ The other is over head,
 - ☞ palm to the ceiling,
 - ☞ fingers pointing to the back.
- ☞ Slowly bring arms up / down in front,
 - ☞ rounded as if holding a barrel (or draped over one)
 - ☞ fingers facing the floor / ceiling.
- ☞ When you are half way you should be able to look at your hands and see the top of one hand and the palm of the other.
- ☞ At this point switch the up and down hand,
 - ☞ go a short way
 - ☞ reverse again.
 - ☞ Do this several times then slowly continue the movement,
- ☞ move hand up / down,
- ☞ wrist leading, keeping arms rounded, till one is over head and the other at the bottom,
- ☞ then turn palms up to ceiling.
- ☞ Repeat.

☞ Hands

☞ Curling of the hands

- ☞ as a whole
 - ☞ Envision the hand as a whole unit.
 - ☞ Curl it as one – like a snake head
- ☞ Individually
 - ☞ Here the fingers are individual
 - ☞ curled one at a time into the palm of the hand
- ☞ climbing the ladder
 - ☞ as a whole
 - ☞ The hand wraps around the rope and climbs – much like a snake
 - ☞ individually
 - ☞ The hand wraps the finger individually around the rope but they do not move on until all the fingers have curled
 - ☞ then the hand opens up, moves up slightly and repeats

☞ Figure eight

- ☞ Always start with hands on either side of the hips. Palms facing up holding a coin. In the case of a single hand movement one hand may rest on the hip.
- ☞ around the body
 - ☞ simultaneously
 - ☞ One wrist is facing forward, the other back ward.
 - ☞ Letting the wrist lead move one hand to the front and the other to the back of you at the same time.
 - ☞ Turn each hand around
 - ☞ Then go in the opposite direction
 - ☞ Repeat
- ☞ in front of body

Beginner Review

Detailed Review by Body Part

Upper Body

- ☞ alternating
 - ☞ One wrist is facing forward, the other back ward.
 - ☞ Letting the wrist lead move one hand to the front of the body
 - ☞ move it in the eight pattern similar to the hips
 - ☞ do one move
 - ☞ move back to the side
 - ☞ Do the other hand in the same manner
 - ☞ Alternate
- ☞ Simultaneously
 - ☞ Both wrists are facing forward.
 - ☞ Bring the hands to the front, letting the wrist lead
 - ☞ move both hands in an eight pattern,
 - ☞ do several moves
 - ☞ Bring them back to your sides.
- ☞ singular
 - ☞ Letting the wrist lead move the hand to the front of the body
 - ☞ move it in the eight pattern similar to the hips
 - ☞ Do several moves
 - ☞ Bring it back to the side.
 - ☞ Do the other hand in the same manner

☞ Head

☞ *Back and forth*

- ☞ This is a “chicken” movement. It is not a pretty movement by itself but look nice with a veil and will help to strengthen the neck
 - ☞ Move the head forward pushing with chin
 - ☞ Pull the chin back in,
 - ☞ contract the neck
 - ☞ push the head backward

☞ *Side to side slide*

- ☞ Slowly you will even it out and not stop at the center. Even if you can only move it slightly it will help to strengthen and stretch the side neck muscles.
 - ☞ This is a side to side movement.
 - ☞ Putting your thumbs near the jaw line and then moving them out for spacing.
 - ☞ Use the ear and jaw as your point of concentration
 - ☞ **think** of moving or pulling to the side.
 - ☞ It is a **HEAD** motion.
 - ☞ Do not tip your head.
 - ☞ Move to the right,
 - ☞ return to the center,
 - ☞ move to the left.

☞ Rib cage

☞ *Lift*

- ☞ It will not necessarily go far at first as you will need to stretch the diaphragm muscle.
 - ☞ This is NOT a chest lift but a concentrated rib cage lift

☞ *Slide*

Beginner Review

Detailed Review by Body Part

Upper Body

☞ Slide the rib cage as if it were on a mantle or top of the wall. It will not necessarily go far at first as you will need to stretch the diaphragm muscle.

- ☞ left
- ☞ center (stop if you must but try not to)
- ☞ right

☞ **Shoulder**

☞ *Lift single*

- ☞ lift a single shoulder up,
- ☞ then down,
- ☞ move it forward
- ☞ slide it back
- ☞ back to the center
- ☞ repeat.

☞ *Rolls*

☞ This is a roll of the shoulder. It can also be reversed

- ☞ It is a round motion,
 - ☞ moving forward,
 - ☞ up to the top
 - ☞ around to the back
 - ☞ then back to center.
 - ☞ Repeat

☞ *Shimmy*

☞ You need to pull from the shoulder blade not the arms, the arms are still. Place your hands on a wall to help keep them still. Practice and work up from slow to fast. Do not flail the arms or bosom about.

- ☞ In place
 - ☞ One shoulder moves forward and one shoulder moves back.
 - ☞ Alternating shoulders makes the shimmy.

☞ Slide

- ☞ One you have perfected the slide and the shimmy individually you combine them for this step
 - ☞ Start the shoulder shimmy
 - ☞ slide the shoulder to the side raising up slightly as it goes out.
 - ☞ Move back to the center
 - ☞ out to the other side,
 - ☞ back to the center.
 - ☞ Maintain the shimmy throughout the slide.

☞ *Slides*

☞ This is NOT a rib cage slide!

- ☞ The shoulder slides to the side rising up slightly as it goes out.
- ☞ moves back to the center
- ☞ out to the other side,
- ☞ back to the center.
- ☞ Eventually you will not stop at the center and make it as smooth as possible

☞ **Zills**

☞ *Basic Patterns*

Beginner Review
Detailed Review by Body Part
Upper Body

- ☞ Tic a tic
- ☞ Tic Tic Tic a Tic Tic Tic Tic a Tic
- ☞ Tic a tic tic a tic (tic a tic a tic a tic)

☞ *In place*

- ☞ Do them to a song you know with a strong beat

☞ *Walking*

- ☞ Walk forward and back with a slow steady motion

☞ *Arm Work*

- ☞ Do the circle of the hips both together and alternating