



Beginning Class Outline

- I. Posture
 - a. Back straight
 - b. Tail tucked
 - c. Arms out
 - d. Shoulders back
 - e. Space underneath armpits
- II. Warm up
 - a. Swan dive to forward bends
 - b. Bend knees
 - c. Stretch neck
 - d. Stretch arms and hands
 - e. Stretch hips
- III. Technique
 - a. Shoulders
 - i. Shoulder rolls
 - ii. Shoulder shimmy
 - iii. Shoulder shrug
 - b. Arms and hands
 - i. Hug a tree
 - ii. Temple
 - iii. Snake arms
 - iv. Wrist circles – both directions
 - v. Framing
 - c. Ribs/chest
 - i. Chest slides
 - ii. Chest lift and drop
 - iii. Chest front and back
 - iv. Chest circles
 - d. Hips
 - i. Hip slide
 - ii. Hip circle
 - iii. Hip lift and drop

- iv. Hip twist
- v. Figure eights – front to back, back to front
- vi. Vertical figure eights – down to up
- vii. Mayas – up to down
- viii. Pelvic tuck and release
- ix. Umis
- e. Undulations
 - i. Camel
 - ii. Up-down undulation
 - iii. Down-up undulation
 - iv. Side undulations
- f. Traveling steps
 - i. Walking
 - ii. Arabic one
 - iii. Arabic two
 - iv. Step touch
 - v. Scissor step
 - vi. Triple step – front and back
 - vii. Grapevine
- g. Turns
 - i. Three-point turn
 - ii. Pivots
- h. Shimmies
 - i. Egyptian shimmy (or straight leg shimmy)
 - ii. American shimmy (or bent leg shimmy or hip shimmy)
 - iii. $\frac{3}{4}$ Shimmy
 - iv. Layered shimmy
 - v. Shimmy with weight change (or transfer shimmy)
- IV. Other concepts
 - a. Transitions
 - b. Weight changes
 - c. Musicality
 - d. Dynamics
 - i. Staccato
 - ii. Smooth or liquid
 - iii. Up-to-down or down-to-up
 - iv. Side-to-side
 - v. Angles
 - e. Props
 - i. Veil work
 - ii. Finger symbols

- f. Aesthetics
 - i. Posture
 - ii. Facial expressions
 - 1. Smile
 - 2. Keep mouth closed
 - 3. Emit emotions
 - iii. Motivation – tell a story
- V. Putting technique into practice
 - a. Drills
 - b. Combinations
 - c. Choreography
 - d. Improvisation (solo)
 - e. Follow-the-leader (group improvisation)
- VI. Cool down
 - a. Swan dive to forward bends
 - b. Bend knees
 - c. Monkey stance with curled back, “wag tail”
 - d. Down on floor
 - i. Diamond shape on ground for hip openers and lower back stretches
 - ii. Legs straight out for forward bends and hip stretches
 - iii. Lie on back for bending knees into chest and rotating knees
 - iv. Happy baby pose
 - v. Child’s pose