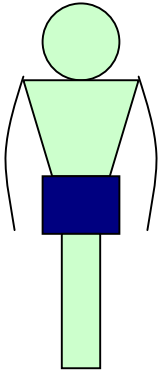
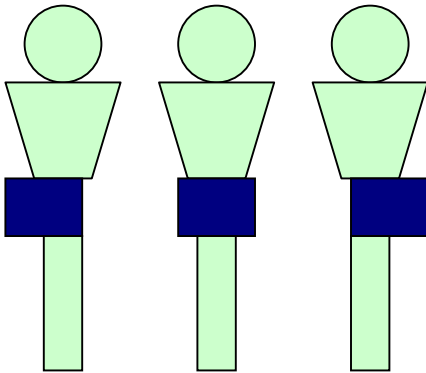


Basic Hip Movements



Always start in basic dance posture:

1. Feet forward
2. Knees slightly bent/soft
3. Pelvis in line (hips tucked into neutral)
4. Chest lifted
5. Shoulders back and relaxed
6. Head level, facing forward
7. Arms at rest held at sides and back to leave hips visible

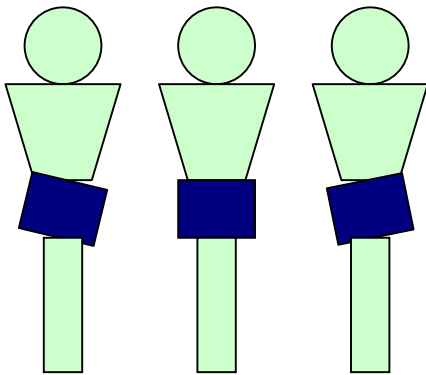


Hip slides:

Starting in basic dance posture –

3. Keeping hips level:
4. slide hips all the way to one side
5. Slide hips back to center
6. Slide hips all the way to other side

First, learn hip slides pausing when you reach center and then practice sliding all the way across in each direction

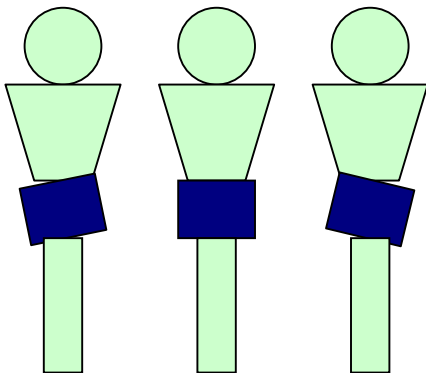


Hip lifts:

Starting in basic dance posture –

3. Lift hip on one side
4. return to center
2. Lift hip on other side

First, learn hip lifts pausing when you reach center and then practice lifting each side without a central pause



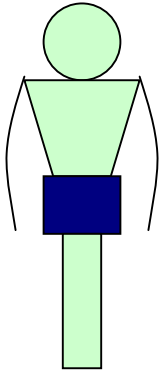
Hip drops:

Starting in basic dance posture –

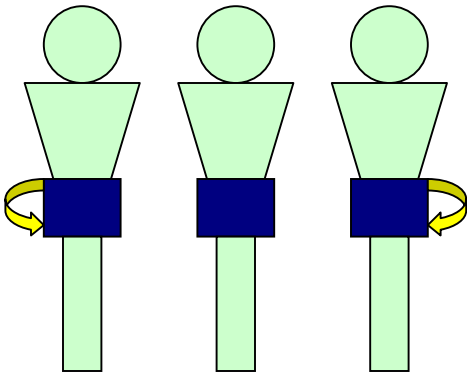
1. drop hip on one side
2. return to center
1. drop hip on other side

First, learn hip drops pausing when you reach center and then practice dropping each side without a central pause

Basic Hip Movements

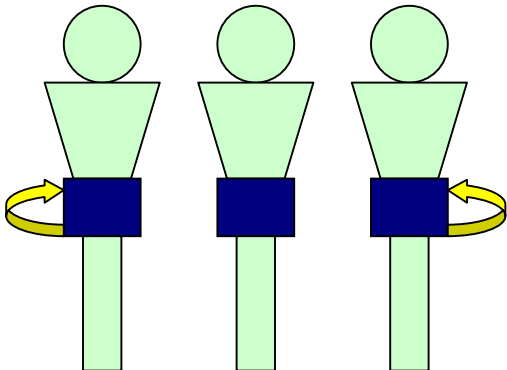


- Always start in basic dance posture:
8. Feet forward
 9. Knees slightly bent/soft
 10. Pelvis in line (hips tucked into neutral)
 11. Chest lifted
 12. Shoulders back and relaxed
 13. Head level, facing forward
 14. Arms at rest held at sides and back to leave



- Hip twist forward:
Starting in basic dance posture –
Keeping hips level
5. Twist hip forward on one side
 6. return to center
 7. Twist hip forward on other side

First, learn hip twists forward pausing when you reach center and then practice twisting each side without a central pause



- Hip twist back:
Starting in basic dance posture –
Keeping hips level
7. Twist hip back on one side
 8. return to center
 8. Twist hip back on other side

First, learn hip twists back pausing when you reach center and then practice twisting each side without a central pause