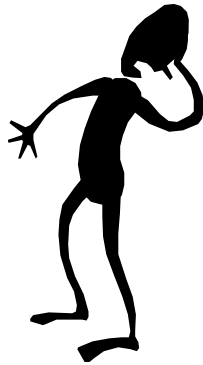


RESPECTFUL RHYTHMS!

Walking Rhythms

Single

Walk, step
In place or traveling
Quiet feet



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RESPECTFUL RHYTHMS!!

Walking Rhythms

Step Touch

Step, then tap opposite toe
In place, or traveling side, front, back

Variations: Touch, then Step



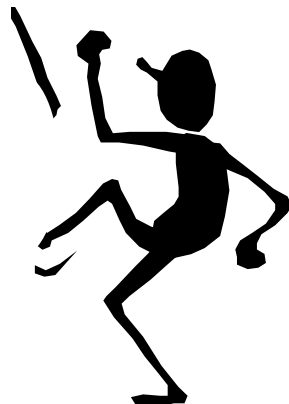
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RESPECTFUL RHYTHMS!!

Walking Rhythms

chottische walk – also known as Grapevine

Step side, behind, side, touch
Repeat opposite direction
Travel side to side or front to back



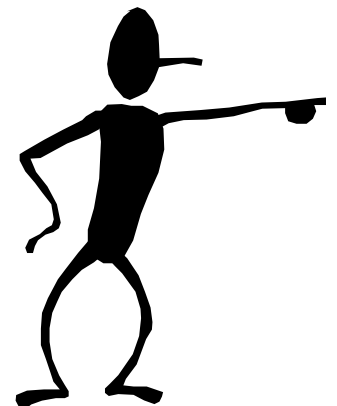
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RESPECTFUL RHYTHMS!

Walking Rhythms

Single Double Combo – part of many line dances and fitness

Step R, Step L, Step R X 2
Repeat on L



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RESPECTFUL RHYTHMS!!

Jogging Rhythms

Da Rock Step: variation of Touch Step

Touch R behind L, Step L

Or

Touch L behind R, Step R

Variation: in place, side to side



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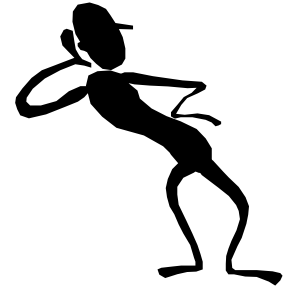
RESPECTFUL RHYTHMS!!

Jogging Rhythms

Slide

Step side, bring other foot together

Usually done 4 in a row, then repeated to other side



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RESPECTFUL RHYTHMS!!

Jogging Rhythms

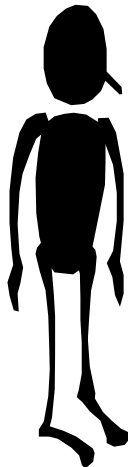
Mambo Combo – used in social, line and hip hop dances

Tap, step, then step together (L,R,L or R,L,R)

Can be done in place, forward/backward, sides

Variations: Cha Cha

Rock Step with 3 jogging steps



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RESPECTFUL RHYTHMS!!

Jogging Rhythms

Polka

Hop, Jog, Jog, Jog, repeat on other side

In place, circular, traveling



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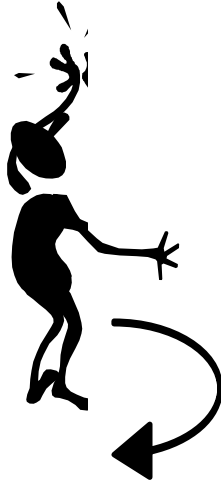
RESPECTFUL RHYTHMS!!

Rotational Rhythms

Pivot Turn 180°

Step forward, turn 180° without moving feet
Repeat if desired

Used in sports, ballet, drill, etc.



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RESPECTFUL RHYTHMS!!

Rotational Rhythms

3 Step

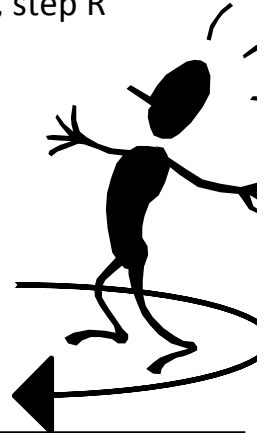
Clockwise

Step R to side, pivot on R, step L, pivot on L, step R

Counterclockwise

Step L, pivot on L, step R, pivot on R, step L

Used in Line dances, etc.



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RESPECTFUL RHYTHMS!!

Rotational Rhythms

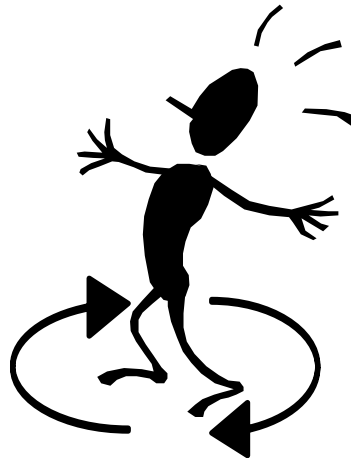
Spin

Step R – pivot 360°

Or

Step L – pivot 360°

Used in ballet, jazz, ballroom



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RESPECTFUL RHYTHMS!!

Rotational Rhythms

Partner Turns

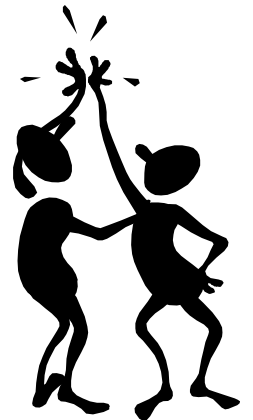
Partners fingers are joined or high fives

Partner A raises one arm and guides

Partner B under arm

Variations: Either partner, either arm

Spinning in place or traveling



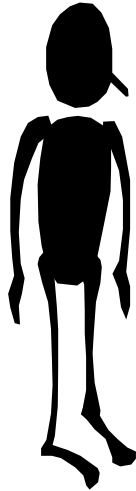
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RESPECTFUL RHYTHMS!!

Foundational Rhythms

Mountain Posture

Feet together,
Vertically aligned from:
Ankle
Knee
Hips
Shoulders
Ears
Knees wide
Belly button pulled in
Breathe calm



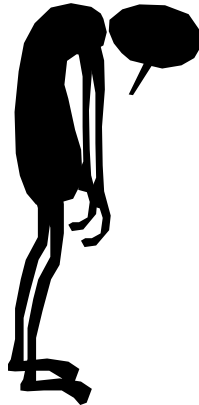
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RESPECTFUL RHYTHMS!!

Foundational Rhythms

Flexible Legs

Begin and end in mountain posture
Lower head, arms toward floor
Stretches lower back and hamstrings



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RESPECTFUL RHYTHMS!!

Foundational Rhythms

Plié/Relevé – used for strengthening jumps

Like a squat
Begin and end in mountain posture
Plié - Bend knees, keep back upright
Engage inner thigh muscles to stand tall
Relevé – engage inner thigh muscles to
Lift heels off floor, stay tall and upright



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RESPECTFUL RHYTHMS!!

Foundational Rhythms

Tree

Begin and end in mountain posture
Slide one foot up toward opposite knee
Hold – raise arms in air
Repeat with other leg



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RESPECTFUL RHYTHMS! Combo Card!

Step A: Combos – Hustle Line Dance

Grapevine X 2 (Schottische)

Double Taps – Front, Back

Single Taps – Front, Back Side, ¼ Turn

Variations: 3 Step Turn (instead of Grapevine)

John Travolta Arms (instead of double taps)

Make up your own variation

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RESPECTFUL RHYTHMS! Combo Card!

Step A: Combos – Western Heel Toe Polka

Right Foot Heel Toe, Heel Toe, Slide X4

Repeat to Left

Double, Single

Double, Single

Make up hand clapping rhythm for 8 counts

Walk in circle

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RESPECTFUL RHYTHMS! Combo Card!

Step A: Combos – Social Dance

Rock Step, Cha Cha Cha

Forward, Side, Back

Variations: Twist

Pivot Turn

Partner Turn

Butterfly arms *bonus

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RESPECTFUL RHYTHMS Combo Cards!!

Step A: Combos – Folk Alunelul

Alunelul

5 - touch step, side

Double Stamp

3 touch Step, side

Single Stamp

Single Stamp, Single Stamp

Single Double Stamp

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