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Int/Adv Technique and Combinations

Week 1

1. Practice Twisted lower body undulation with level change
 - a. Slowly just twisted lower body undulation
 - b. Add the level change
 - c. Practice coming up and down

 2. Practice Hip circle with back emphasis
 - a. Slowly
 - b. With Emphasis
 - c. Add level changes

 3. Practice Floor position on side
 - a. Get into pose first
 - b. Work your way out of it
 - c. Work your back into it

 4. Practice Mayas
 - a. Engage muscularly
 - b. In floor position
 - c. Make adjustments as needed with position

 5. Practice combination from class:
-:41 - Song is -"Crying Angels (Remix) by Said Mrad on 1001 Night Society album
<https://ethnicsoulrecords.bandcamp.com/album/said-mrad-1001-night-society>
- Tone quality is sensual
-Breathing is key
-Personality is confidence
-Listen to music for counts and phrasing
- Twisted Lower body undulation with level change
-Hip Circle on the back while on the floor
-Slide onto the right side and hold body
-Do Maya's while on the floor



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-Reverse entire combination back up
-Repeat