

GRACEFUL ARMS AND TORSO

- basic stance -- straightening the spine for more separation between the ribcage and hips -- talk about fatchance posture and the deep flamenco lift -- positive/negative
- principles of movement systems: yoga, martial arts, ballet -> core (torso) of the body is the strength and limbs move around it -- the torso and hips POWER the arm movements
- isolation – moving like a log is not graceful!
- body awareness, body stance, being in the body -- awareness of other people in your space: shut your eyes and move your arms -- can you sense the other people around you? raise your arms to ninety degrees with eyes shut...is it really ninety degrees?
- volume under the arms -- pretend you have a small orange under there -- crunchy arms! -- practice holding the arms down by the hips with power in them -- no matter where you are and what you're doing with your arms, project ENERGY
- moving the arms with and without resistance: like moving through air and like moving through water
- beachball exercise: find the 360 degrees of space -- do exercise with different forms of resistance -- add hand motions: wrist circles, wrist figure eights
- snake arms -- half snake arms on top and bottom -- front snake arms -- smaller front snake arms (incense arms) and moving them around you, pivoting from hips -- adding the lower space (down to foot)
- seaweed arms -- hips moving -- move arms up above head
- egyptian arms (with shoulder roll) -- keep hand in one place for maximum beauty -- opposite shoulder figure eights (beth's rolling shoulders move)
- flame hands -- flame hands tracing the body
- ribcage circles -- elliptical and flat -- keep arms as a CAGE (don't move or looks sloppy)
- undulations and laybacks -- laybacks with arm pushes and minimal movement -- talk about the motion principle: LESS IS MORE for arm accents
- reverse undulations and switching between the two -- switching with a sharp accent, switching with a smooth accent (rolling weight)
- sideways undulations in both directions -- pulling arms, pushing arms
- Queen of the Damned walk -- total isolation in ribcage half circles
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