# SL4 Technique Drills

***Notes:*** *Traveling forward (Tv F) and feet in releve are the defaults unless the step default (such as Step-Touch) is flat or unless otherwise instructed by the drill.*

## 1.  Singles, Pelvic Locks, Ribcage Circles
**Feet:** Wk *ht* db L [4 cts], push-Tn [4 cts]
**Hip1**: alt sgls *dt* db L
**Hip2**:  alt Pv Lk *ht* db F
**Torso**: alt Rc cir CCW *ht* db F
**Arms:** 5$^{th}$
**Z**: LRR

## 2.  Singles, Figure Eights, Undulations
**Feet**: Wk-4-jazz-sq-4 *ht* db R
**Hip1**: alt ¾ sgls *dt* db L
**Hip2**: alt F8 F-B *ht* db L
**Torso**: Und U-D *ft* db UB
**Arms**: mod-2$^{nd}$
**Z**: Running 4s & 5s

## 3.  Twists, Circles, Undulations
**Feet:** Kick-Ball-Change-pas-de-bouree *ft* db L
**Hip1**: alt tw ft db R
**Hip2**:  alt ext hip cir CCW *qt* db F
**Torso**:  und D-U *ht* db LoAb
**Arms**: 2$^{nd}$
**Z**: [ 5-5-3 ]Lx

## 4.  Singles, Pelvic Locks, Ribcage Slides
**Feet:** Wk-4-Tn-4 CW *ht* db R
**Hip1**: alt 3/4 sgls *ft* db R
**Hip2**:  alt Pv Lks *dt* db R
**Torso**: alt ¾ Rc slides *ht* db F
**Arms**: 5th
**Cymbals:** RLL

## 5. Singles, Figure Eights, Ribcage Squares
**Feet**:  heel-toe-toe *ft* db R
**Hips**:  alt sgls *ft* db R
**Hip2**:  alt F8 B-F ht db R
**Torso**:  alt Rc sq CCW *ht* db L
**Arms**:  2nd
**Z**:  [ 4-1-4-1-4 ]L,Lx

## 6.  Singles, Undulations, Figure Eights
**Feet:** Wk flat *ft* db R

**Hip1:** alt sgls dt db R
**Hip2:** alt F8 F-B *ht* db R
**Torso:** und U-D *ht* db UB
**Arms:** 5th
**Cymbals:** RLL-RLL-RL


## 7. Singles, Ribcage Circles, Vibration
**Feet**: Wk flat *qt* db R
**Hip1**: alt sgl-sgl-3/4 *ft* db R
**Hip2**: Vb
**Torso**: alt Rc cir CW *ht* db R
**Arms**: alt arm waves I-O *qt* db R
**Z**: [ 4-4-10 ]L


## 8. Singles, Figure Eights, Undulations
**Feet:** Chasse-pas-de-bouree to R *ft* db R
**Hip1**: alt sgl-sgl-3/4 *ft* db R
**Hip2**: alt ¾ F8 D-U *ft* db R
**Torso:** Und U-D *ft* db UB
**Arms**: 2nd
**Z**: 5-5-4


## 9. Pelvic Locks, Undulations
**Feet**: Kick-ball-change-pas-de-bouree *ft* db R
**Hips:**alt ¾ Pv Lk *dt* db B [1-8]
**Torso**: Und U-D *ht* db UB [1-8]
**Arms**: alt arm waves I-O *ht* db R [1-8]
**Z**: [ 3-1-5-3 ]Rx


## 10. Pelvic Locks, Singles, Ribcage Figure Eights
**Feet**: cross-touch *ht* db L
**Hip1**: alt Pv Lks *ft* db F
**Hip2**: alt sgls *dt* db L
**Torso**: alt ¾ Rc F8 F-B *ht* db L
**Arms**: mod-2nd
**Z**: running 5s


## 11. Pelvic Locks, Figure Eights, Undulations
**Feet:**  cross-touch *ht* db L
**Hip1:**  alt Pv Lk *dt* db B
**Hip2:**  alt F8 B-F *ht* db R
**Torso**: Und D-U *ht* db UB
**Arms:** mod-2nd
**Z**:  [ 4-1-4-1-4 ]Lx


## 12. Pelvic Locks, Figure Eights, Undulations
**Feet:** GV to R *ht* db R

**Hip1**: alt ¾ Pv Lks *dt* db B
**Hip2**: alt F8 F-B *ht* db R
**Torso**: alt und U-D *ht* db UB
**Arms**: Mod-2<sup>nd</sup>
**Z**: 6s


## 13.  Pelvic Locks, Figure Eights, Ribcage Squares
**Feet:** Wk-2-3-Passe F
**Hip1**: alt Pv Lks *dt* db B
**Hip2**:  alt F8 U-D *ht* db R
**Torso**: alt Rc sq CW *ht* db F
**Arms**: Mod-2<sup>nd</sup>
**Z**: [ 2-7-4 ]  L


## 14.  Squares, Singles, Ribcage Squares
**Feet**: Wk flat *ht* db R
**Hip1**: int hip sq CW *qt* db L
**Hip2**: alt sgls *dt* db R
**Torso:** Rc sq CW *ht* db L
**Arms**: 2<sup>nd</sup>
**Z**: 4-7-4


## 15.  Squares, Figure Eights, Undulations
**Feet**: pas-de-bouree *ft* db R
**Hip1**: alt int hip sq CW *ht* db B
**Hip2**: alt F8 B-F *qt* db L
**Torso**: alt und U-D *ht* db UB
**Arms**: 2<sup>nd</sup>
**Z**: Moori


## 16.  Squares, Ribcage Locks, Ribcage Slides
**Feet**: chasse *ft* db R
**Hips**: alt int hip sq CW *ht* db F
**Torso**: alt Rc Lk *ft* db F
**Torso2:** alt ¾ Rc slide *ht* db R
**Arms**: 2<sup>nd</sup>
**Z**: 10s


## 17. Squares, Figure Eights, Ribcage Slides
**Feet:** step-touch *ht* db R
**Hip1**: alt int hip sq CCW *ht* db F
**Hip2**: F8 F-B *qt* db R
**Torso**: alt Rc slide *qt* db F
**Arms**: mod-2nd
**Z**: 2-6


## 18.  Squares, Figure Eights, Ribcage Circles
**Feet:** Pas-de-bourree *ft* db R

**Hip1**: alt int hip sq CW *ht* db R
**Hip1**: alt F8 F-B *qt* dt R
**Torso:** alt Rc cir CW *ht* db F
**Arms:** Mod-2nd
**Z**: 2-6-10


## 19.  Squares, Circles, Vibration
**Feet**:  H
**Hip1**:  alt Int hip sq CW *ht* db F
**Hip2**:  Ext hip circle CW q*t* db F
**Hip3**: Vb
**Arms**:  5th
**Z**:  4-4-10


## 20. Singles, Circles
**Feet**: Wk *ht* db R
**Hip1**:  alt ¾ sgls *qdt* db R
**Hip2**: ext hip cir CW *qt* db F [1-4]; F8 F-B *qt* db R [5-8]
**Arms**: 2nd
**Z**:  7-1-3-3


## 21.  Circles, Ribcage Locks, Undulations
**Feet:** GV to R *ht* db R
**Hips**: Int hip cir CW *ft*  db L
**Torso1**: Alt Rc Lks *ht* db F
**Torso2**: alt und U-D *ht* db UAb [1-8]
**Arms**: 2ⁿᵈ
**Z**: 10-4-4


## 22.  Circles, Figure Eights, Ribcage Circles
**Feet**:  Chasse *ft* db R
**Hip1**:  alt int ½ hip cir F-dom *ft* db R
**Hip2**: alt F8 *qt* db R
**Torso**:  alt Rc cir CCW *ht* db R
**Arms**: Mod-2nd
**Cymbals:**  4-5-1-4


## 23.  Circles, Ribcage Locks
**Feet:**  FMMB (L flat, R releve) to R *ft* db L
**Hip1:**  int cir CCW *ft* db R
**Hip2**:  ext cir CW *qt* db R
**Torso**:  alt Rc Lks *ht* db F
**Arms**:  4ᵗʰ
**Z:**  [ 4-5-5 ]Rx


## 24.  Circles, Singles, Ribcage Figure Eights
**Feet:** GV *ht* db L
**Hip1:** alt int hip cir CW *ht* db L

**Hip2:** alt sgls *dt* db L
**Torso:** alt Rc F8 F-B *ht* db R
**Arms**: 5th
**Z**: [ 4-4-7] L


## 25.  Circles, Singles Ribcage Figure Eights

**Feet**:  heel-toe-toe *dt* db R
**Hip1**:  int ½ cir B-dom *ht* db R
**Hip2**:  alt ¾ sgls *dt* db R
**Torso**  alt Rc F8 F-B *ht* db R
**Arms:**  5th
**Z:**  [ 5-5-3 ]Lx


## 26.  Figure Eights, Ribcage Slides

**Feet**: chassés *ft* db R
**Hip1**: alt F8 U-D *ft* db R
**Hip2**: alt F8 F-B *qt* db R
**Torso**: alt ¾ Rc slides *ft* db L
**Arms**: 2nd
**Z**: 7s w/LRT


## 27.  Singles, Vibration, Ribcage Figure Eights

**Feet**: H:  grande plie D [1-4]; grande plie U [5-8]
**Hip1**: alt sgls *dt* db R
**Hip2**:  Vb
**Torso**:  alt Rc F8 B-F *ht* db R
**Arms**: mod-2nd
**Z**: Alt 4s & 5s


## 28.  Circles, Vibration, Undulations

**Feet:** GV to R *ht* db R
**Hip1**: int hip cir CCW *ft* db F
**Hip2**: Vb
**Torso:** alt und U-D *ft* db UB
**Arms**: 2nd
**Z**: [ 2s] L


## 29.  Figure Eights, Circles, Vibration, Undulations

**Feet**: St-touch *ht* db R
**Hip1:** alt F8 F-B *qt* db R
**Hip2**: int hip cir CW *ft* db R
**Hip3**: Vb
**Torso**: und U-D *ht* db UB
**Arms:** 2nd
**Z**: 5s w/LRT


## 30.  Pyramids, Figure Eights, Ribcage Locks

**Feet:**  St-touch *ht* db R

**Hip1:**   alt Pyr CW *ft* db F
**Hip2**: alt F8 F-B *qt* db R
**Torso**: alt ¾ Rc Lks *ft* db F
**Arms**:   5th
**Z**: 3-5-5 w/LRT


## 31.  Pyramids, Singles, Ribcage Vs
**Feet:** Cross-touch *ht* db R
**Hip1:** alt Pyr CW *ft* db F
**Hip2**: alt sgls *ft* db L
**Torso**: alt Rc V *ft* CCW db B
**Arms**: alt Arm waves I-O *qt* db R
**Z**: 3-5-3 w/LRT


## 32.  Vs, Figure Eights, Ribcage Locks
**Feet**:  chasse *ft* db R
**Hip1:**  alt Vs CCW *ft* db B
**Hip2**:  alt F8 B-F *qt* db R
**Torso**:  alt Rc Lk *ht* db B
**Arms**:  alt Arm wave I-O *ht* db R
**Z**:  3-5-1-3 w/LRT


## 33.  Vs, Ribcage Circles
**Feet**:  Kick-ball-change-Pas-de-bouree[1-4], push-Tn[5-8]
**Hip1**:  alt Vs *ht* db R
**Hip2**:  ext ½ hip cir F-dom *qt* db R
**Torso**:  Rc cir CCW *ht* db R
**Arms**:  2nd
**Z**:  3-1-5-3 w/LRT


## 34. Diamonds, Vibration, Undulations
**Feet**:  St-touch *ht* db R
**Hip1**:  alt dmd CW B-dom *ht* db F [1-8]
**Hip2**:  Vb
**Torso**: Und D-U *ht* db LoAb [1-8]
**Arms**: 5th
**Z**:  3-7-3 w/LRT


## 35.   Twists, Circles, Ribcage Circles
**Feet**: St-touch *ht* db R
**Hip1**: alt ¾ tw *ft* db L
**Hip2**:  ext hip cir CCW *qt* db L
**Torso**: Rc cir CCW *ft* db L
**Arms**: 2nd
**Z**: 3-7-7 w/LRT


## 36. Twists, Ribcage Slides
**Feet**: Kick-ball-change-pas-de-bouree *ft* db R

**Hips:** alt Tw *dt* db R
**Torso:** alt ¾ Rc slides *ht* db L
**Arms:** 2<sup>nd</sup>
**Z:** 3-1-3-1-3 w/LRT

## 37. Octagons
**Feet**: cross-touch *ht* db R
**Hips:** oct CW *qt* db F
**Arms:** 2<sup>nd</sup>
**Z:** 2-1-5-2

## 38. Octagons
**Feet**: step-touch *ht* db L
**Hips:** oct CCW *qt* db B
**Arms:** 2<sup>nd</sup>
**Z:** [ 2-5-1-2 ]L,Rx

## 39. Pelvic Locks
**Feet**: drag-cross-chaine-chaine *ft* db R
**Hips:** alt Pv Lks *dt* db B
**Arms:** 2<sup>nd</sup>
**Z:** [ 5-5-2]L,Lx

## 40. Diamonds
**Feet**: Wk *ht* db L
**Hip1:** dmds FR-dom CW *qt* db B
**Hip2:** vibration
**Arms:** 2<sup>nd</sup>
**Z:** [ 2-5-5 ]Rx

## 41. Diamonds
**Feet**: Wk *ht* db R
**Hip1:** dmds BL-dom CCW *qt* db R
**Hip2:** vibration
**Arms:** 2<sup>nd</sup>
**Z:** 2-2-7

## 42. Circles
**Feet**: Wk *qt* db L
**Hip1:** int ½ cir L-dom *qt* db F
**Hip2:** vibration
**Arms:** 2<sup>nd</sup>
**Z:** [ 3-7-3 ]L,Rx