

# SL3 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, Ribcage Circles

**Feet:** Wk-4-push-Tn-4 *ht db L*

**Hips:** alt sgl *ft db R*

**Torso:** alt Rc cir CCW *ht db F*

**Arms:** mod-2<sup>nd</sup>

**Z:** LRR

## 2. Singles, Ribcage Squares

**Feet:** Wk-4-jazz-sq-4 *ht db R*

**Hips:** alt  $\frac{3}{4}$  sgl *dt db L*

**Torso:** alt rib sq CW *ht db F*

**Arms:** mod-2<sup>nd</sup>

**Z:** 4-1-4-1-4

## 3. Singles, Vs, Pyramids

**Feet:** Alt Chasse *ft db R* [1-4]; turn CW *ht db R* [5-8].

**Hips:** alt sgl *ft db R*

**Torso:** alt V CCW *ft db B* [1-4]; alt Pyr CW *ft db F* [5-8]

**Arms:** mod-2<sup>nd</sup>

**Z:** [ 4-1-4-1-4 ] L

## 4. Singles, Pyramids

**Feet:** Kick-Ball-Change-pas-de-bouree *ft db L*

**Hip1:** alt Sgl *ft db R*

**Hip2:** alt Pyr CCW *ht db R*

**Arms:** 2<sup>nd</sup>

**Z:** [ 4s ]L

## 5. Singles, Ribcage Locks

**Feet:** Wk-4-Tn-4 CW *ht db R*

**Hips:** alt sgl *ft db L*

**Torso:** alt  $\frac{3}{4}$  Rc Lks *ft db F*

**Arms:** 5th

**Cymbals:** LRR LRR LR

## 6. Heel-Toe-Toe & alt Rc Sq

**Feet:** heel-toe-toe *ft db R*

**Hips:** alt sgl *ft db R*

**Torso:** alt Rc sq CCW *ht db L*

**Arms:** 2nd

Z: RRL

### **7. Singles, Undulations**

**Feet:** Wk flat *ft* db R

**Hip1:** alt  $\frac{3}{4}$  sgl *dt* db L

**Torso:** und U-D *ht* db UB

**Arms:** 5th

**Cymbals:** 4-1-5-4

### **8. Singles, Ribcage Figure Eights**

**Feet:** pas-de-bouree *ft* db R

**Hips:** alt sgl-*sgl*- $\frac{3}{4}$  *ft* db R

**Torso:** alt Rc F8 B-F *qt* db R

**Arms:** alt arm waves I-O *qt* db R

Z: 4-5-1-4

### **9. Singles, Figure Eights**

**Feet:** Chasse-pas-de-bouree to R *ft* db R

**Hip1:** alt Sgl-Sgl- $\frac{3}{4}$  *ft* db R

**Hip2:** alt  $\frac{3}{4}$  F8 D-U *ft* db R

**Arms:** 2nd

Z: 4-4-7

### **10. Pelvic Locks, Undulations**

**Feet:** Kick-ball-change-pas-de-bouree *ft* db R

**Hip:** alt  $\frac{3}{4}$  Pv Lk *ft* db B

**Torso:** Und U-D *ht* db UB

**Arms:** alt Arm waves I-O *ht* db R

Z: [ 4-7-4 ]L

### **11. Pelvic Locks, Ribcage Figure Eights**

**Feet:** cross-touch *ht* db L

**Hips:** alt Pv Lks *ft* db F

**Torso:** alt  $\frac{3}{4}$  Rc F8 F-B *ht* db L

**Arms:** alt  $\frac{3}{4}$  arm waves *ht* db L

Z: running 5s

### **12. Pelvic Locks, Figure Eights**

**Feet:** cross-touch *ht* db L

**Hip1:** alt Pv Lk *ft* db B

**Hip2:** alt F8 B-F *ht* db R

**Arms:** 2<sup>nd</sup>

Z: [ 2-1-2-1-2 ]L

### **13. Pelvic Locks, Figure Eights**

**Feet:** GV to R *ht* db R

**Hip1:** alt  $\frac{3}{4}$  Pv Lks *ft* db B

**Hip2:** alt F8 F-B *ht* db R

**Arms:** 5th

**Z:** [ 3-1-5-3 ]Rx

#### **14. Pelvic Locks, Ribcage Squares**

**Feet:** Wk-2-3-Passe

**Hips:** alt Pv Lks *ft* db B

**Torso:** alt Rc sq CW *ht* db F

**Arms:** Mod-2<sup>nd</sup>

**Z:** [ 3-5-1-3 ]L

#### **15. Squares, Ribcage Squares**

**Feet:** Wk *ht* db R

**Hips:** int hip sq CW *ht* db L

**Torso:** Rc sq CW *ht* db L

**Arms:** Mod 2nd

**Z:** 4-5-5

#### **16. Squares, Undulations**

**Feet:** pas-de-bouree *ft* db R

**Hips:** alt int hip sq CW *ht* db B

**Torso:** alt und U-D *ht* db UB

**Arms:** 2<sup>nd</sup>

**Z:** 5-5-4

#### **17. Squares, Ribcage Locks**

**Feet:** chasse *ft* db R

**Hips:** alt int hip sq CW *ht* db F

**Torso:** alt  $\frac{3}{4}$  Rc Lk *ft* db UB

**Arms:** Mod 2<sup>nd</sup>

**Z:** alt 4s & 5s

#### **18. Squares, Ribcage Slides**

**Feet:** step touch *ht* db R

**Hips:** alt int hip sq CCW *ht* db F

**Torso:** alt Rc slide *qt* db L

**Arms:** mod-2nd

**Z:** 2s

#### **19. Squares, Ribcage Pyramids**

**Feet:** Pas de bourree *ft* db R

**Hips:** alt int hip sq CW *ht* db R

**Torso:** alt Rc Pyr CW *ht* db F

**Arms:** mod-2nd

**Z:** 2-1-2-1-3

#### **20. Squares, Circles**

**Feet:** Wk-4-Tn-4 CCW *ht* db R

**Hip1:** alt Int hip sq CW *ht* db F

**Hip2:** alt ext hip circle CW *qt* db F

**Arms:** 5th

**Z:** [ 2-2-7 ]L

### **21. Circles, Figure Eights**

**Feet:** Wk *ht* db R

**Hip1:** int hip cir CCW *ft* db F

**Hip2:** ext hip cir CW *qt* db F [1-4]; alt F8 F-B *qt* db R [5-8]

**Arms:** 5th

**Z:** [ 2-7-4 ]Lx

### **22. Circles, Undulations**

**Feet:** GV to R *ht* db R

**Hip:** int hip cir CW *ft* db L

**Torso:** Und-from-waist-D, *ft* db LoAb

**Arms:** mod-2<sup>nd</sup>

**Z:** 2-5-5

### **23. Circles, Ribcage Circles**

**Feet:** alt chasse *ft* db R

**Hips:** alt int hip cir CCW *ft* db R

**Torso:** int ½ Rc cir F-dom *ht* db R

**Arms:** mod-2<sup>nd</sup>

**Cymbals:** [ 5-5-2 ] L

### **24. Circles, Ribcage Locks**

**Feet:** FMMB (L flat, R releve) to R *ft* db L

**Hip1:** int cir CCW *ft* db R

**Torso:** alt Rc Lks *ht* db F

**Arms:** 5<sup>th</sup>

**Z:** [ 2-5-1-2 ]Rx

### **25. Circles, Figure Eights**

**Feet:** GV to L *ht* db L

**Hips:** alt int hip cir CW *ht* db L

**Torso:** alt Rc F8 F-B *ht* db R

**Arms:** 5<sup>th</sup>

**Z:** 2-1-5-2

### **26. Circles, Figure Eights**

**Feet:** alt chasse *ft* db R

**Hips:** int ½ hip cir R-dom *ft* db F

**Torso:** alt Rc F8s B-F *ht* db R

**Arms:** 2<sup>nd</sup>

**Z:** 3s w/LRT

### **27. Circles, Ribcage Figure Eights**

**Feet:** heel-toe-toe *dt* db R

**Hips:** int ½ cir B-dom *ht* db R

**Torso:** alt Rc F8 F-B *ht* db R

**Arms:** 5th

**Z:** 3-1-3-1-3 w/LRT

### **28. Figure Eights, Ribcage Slides**

**Feet:** alt chassés *ft* db R

**Hips:** alt F8 U-D *ft* db R

**Torso:** alt  $\frac{3}{4}$  Rc slides *ft* db L

**Arms:** alt 4<sup>th</sup>

**Z:** 7s w/LRT

### **29. Circles, Ribcage Figure Eights**

**Feet:** pas-de-bourré *ft* db R

**Hips:** int  $\frac{1}{2}$  cir F-dom CW *ht* db F

**Torso:** alt Rc F8 B-F *ht* db R

**Arms:** mod-2<sup>nd</sup>

**Z:** 5s w/LRT

### **30. Figure Eights, Ribcage Circles**

**Feet:** GV to R *ht* db R

**Hips:** alt F8 D-U *ht* db R

**Torso:** Rc  $\frac{1}{2}$  cir F-dom CW *ft* db F

**Arms:** mod 2nd

**Z:** 3-3-7 w/LRT

### **31. Figure Eights, Undulations**

**Feet:** Wk-2-3-passe *ht* db R

**Hips:** alt F8 F-B *ft* db R

**Torso:** und U-D *ft* db UB

**Arms:** mod 2nd

**Z:** 3-7-3 w/LRT

### **32. Pyramids, Ribcage Locks**

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

**Hips:** alt Pyr CW *ft* db F

**Torso:** alt  $\frac{3}{4}$  Rc Lks *ft* db F

**Arms:** 5th

**Z:** 5s w/LRT

### **33. Pyramids, Ribcage Vs**

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

**Hips:** alt Pyr CW *ft* db F

**Torso:** alt Rc V *ft* CCW db B

**Arms:** alt Arm waves I-O *qt* db R

**Z:** Running 7s

### **34. Vs, Ribcage Locks**

**Feet:** chasse *ft* db R

**Hips:** alt Vs *ht* db R

**Torso:** alt Rc Lk *ht* db B

**Arms:** alt Arm wave I-O *ht* db R

**Z:** 6s

### **35. Vs, Circles**

**Feet:** alt chasse *ft* db R

**Hip1:** alt Vs *ht* db R

**Hip2:** ext ½ cir F-dom *q* db R

**Arms:** mod 2nd

**Z:** 10s

### **36. Diamonds, Ribcage Locks**

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

**Hips:** dmd F-dom CW *ht* db B

**Torso:** alt Rc Lk *ft* db B

**Arms:** mod 2nd

**Z:** LRR-LRR-LR

### **37. Diamonds**

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

**Hips:** alt dmd B-dom *ht* db F CW

**Arms:** 5th

**Z:** RLL-RLL-RL

### **38. Twists, Undulations**

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

**Hips:** alt ¾ tw *ft* db L

**Torso:** Rc cir CCW *ft* db L

**Arms:** mod 2nd

**Z:** 3-5-5 w/LRT

### **39. Twists, Circles**

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

**Hip1:** alt Tw *ft* db L

**Hip2:** int hip cir CCW *ft* db L

**Arms:** mod 2<sup>nd</sup>

**Z:** 3-5-3 w/LRT

### **40. Twists, Ribcage Circles**

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

**Hip:** alt Tw *ft* db L

**Torso:** alt F8 D-U *qt* db R

**Arms:** 5<sup>th</sup>

**Z:** 3-1-5-3 w/LRT

### **41. Twists**

**Feet:** Wk-4-Push-Tn-Push-Tn *ht* db R

**Hips:** alt ¾ Tw *dt* db L

**Arms:** mod 2<sup>nd</sup>

**Z:** 3-5-1-3 w/LRT

#### **42. Diamonds**

**Feet:** *Wk ht db L*

**Hips:** *dmds FR-dom CW qt db LoLB*

**Arms:** *5th*

**Z:** *[ 3-1-3-1-3] Rx*

#### **43. Diamonds**

**Feet:** *Wk ht db R*

**Hips:** *dmds BL-dom CCW qt db RHF*

**Arms:** *5th*

**Z:** *[ 3-3-7]L,Rx*

#### **44. Octagons**

**Feet:** *Wk flat ht db R*

**Hips:** *oct CW qt db F*

**Arms:** *mod 2<sup>nd</sup>*

**Z:** *[ alt sgls dt ]L*

#### **45. Octagons**

**Feet:** *Wk flat ht db L*

**Hips:** *oct CCW qt db B*

**Arms:** *5th*

**Z:** *[ 3-7-3 ]Rx*