

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-2nd

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 Rc sq CW *ht* db F

Arms: Mod-2nd

Z: 4-1-4-1-4

3. Singles, Vs, Pyramids

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

Hips: Alt sgl *ft* db R

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

Arms: Mod-2nd

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

4. Singles, Pyramids

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

Hips1: Alt Sgl *ft* db R

Hips2: Pyr CW *ht* db R

Arms: 2nd

Z: [4s] L

5. Singles, Ribcage Locks

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

Hips: Alt sgl *ft* db L

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

Arms: 5th

Z: 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

Hips: Alt 3/4 sgl *dt* db L

Torso: Und U-D *ht* db UB

Arms: 5th

Z: 4-1-5-4

8. Singles, Ribcage Figure Eights

Feet: Pas de bourrée *ft* db R

Hips: Sgl-sgl-3/4 *ft* db R

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

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

Z: 4-5-1-4

9. Singles, Figure Eights

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

Hips1: Sgl-sgl-3/4 *ft* db R

Hips2: ¾ F8 D-U *ft* db R

Arms: 2nd

Z: 4-4-7

10. Pelvic Locks, Undulations

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

Hips: ¾ Pv Lk *ft* db B

Torso: Und U-D *ht* db UB

Arms: 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: Pv Lks *ft* db F

Torso: ¾ Rc F8 F-B *ht* db L

Arms: ¾ arm waves *ht* db L

Z: Running 5s

12. Pelvic Locks, Figure Eights

Feet: Cross touch *ht* db L

Hips1: Pv Lk *ft* db B

Hips2: Alt F8 B-F *ht* db R

Arms: 2nd

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

13. Pelvic Locks, Figure Eights

Feet: GV to R *ht* db R

Hips1: ¾ Pv Lks *ft* db B

Hips2: 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: Pv Lks *ft* db B

Torso: Alt Rc sq CW *ht* db F

Arms: Mod-2nd

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 bourrée *ft* db R

Hips: Int hip sq CW *ht* db B

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

Arms: 2nd

Z: 5-5-4

17. Squares, Ribcage Locks

Feet: Alt chasse *ft* db R

Hips: Int hip sq CW *ht* db F

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

Arms: Mod 2nd

Z: Running 4s and 5s

18. Squares, Ribcage Slides

Feet: Step touch *ht* db R

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

Torso: Rc slide *qt* db L

Arms: Mod 2nd

Z: 2s

19. Squares, Ribcage Pyramids

Feet: Pas de bourree *ft* db R

Hips: Int hip sq CW *ht* db R

Torso: 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

Hips1: Alt Int hip sq CW *ht* db F

Hips2: Alt ext hip circle CW *qt* db F

Arms: 5th

Z: [2-2-7]L

21. Circles, Figure Eights

Feet: Wk *ht* db R

Hips1: Int hip cir CCW *ft* db F

Hips2: Ext hip cir CW *qt* db F [1-4]; 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

Hips: Int hip cir CW *ft* db L

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

Arms: Mod-2nd

Z: 2-5-5

23. Circles, Ribcage Circles

Feet: Alt chasse *ft* db R

Hips: Int hip cir CCW *ft* db R

Torso: ½ Rc cir F-dom *ht* db R

Arms: Mod 2nd

Z: [5-5-2]L

24. Circles, Ribcage Locks

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

Hips: Int hip cir CCW *ft* db R

Torso: Rc Lks *ht* db F

Arms: 5th

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 Ls

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

Arms: 5th

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: Rc F8s B-F *ht* db R

Arms: 2nd

Z: 3s w/LRT

27. Circles, Ribcage Figure Eights

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

Hips: Int ½ hip cir B-dom *ht* db R

Torso: 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: F8 U-D *ft* db R

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

Arms: Alt 4th

Z: 7s w/LRT

29. Circles, Ribcage Figure Eights

Feet: Chasse *ft* db L

Hips: Int hip cir B-dom CW *ht* db B

Torso: Rc F8 F-B *ht* db L

Arms: Mod 2nd

Z: 5s w/LRT

30. Circles, Ribcage Figure Eights

Feet: Pas de bourrée *ft* db R

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

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

Arms: Mod 2nd

Z: [4s]L

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: Pyr CW *ft* db F

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

Arms: 5th

Z: 5s w/LRT

33. Pyramids, Ribcage Vs

Feet: Cross touch *ht* db R

Hips: Pyr CW *ft* db F

Torso: Rc V *ft* CCW db B

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

Z: Running 7s

34. Vs, Ribcage Locks

Feet: Alt chasse *ft* db R

Hips: Vs *ht* db R

Torso: Rc Lk *ht* db B

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

Z: 6s

35. Vs, Circles

Feet: Alt chasse *ft* db R

Hips1: Vs *ht* db R

Hips2: Ext ½ hip cir F-dom *qt* 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: 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, Rc cir

Feet: St-touch *ht* db R

Hips: 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

Hips1: Tw *ft* db L

Hips2: Int hip cir CCW *ft* db L

Arms: Mod 2nd

Z: 3-5-3 w/LRT (explore to fit phrase)

40. Twists, Ribcage F8

Feet: St-touch *ht* db R

Hips: Tw *ft* db L

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

Arms: 5th

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

41. Twists

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

Hips: ¾ Tw *dt* db L

Arms: Mod 2nd

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

42. Diamonds

Feet: Wk *ht* db L

Hips: Dmds FR-dom CW *qt* db L LoB

Arms: 5th

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

43. Diamonds

Feet: Wk *ht* db R

Hips: Dmd 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 2nd

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