

# 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 Rc sq CW *ht* db F

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

**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-2<sup>nd</sup>

**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:** 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:**  $\frac{3}{4}$  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:** 2<sup>nd</sup>

**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-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 bourrée *ft* db R

**Hips:** 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:** Alt chasse *ft* db R

**Hips:** Int hip sq CW *ht* db F

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

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

**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-2<sup>nd</sup>

**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:** 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 Ls

**Torso:** 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:** 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 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 4<sup>th</sup>

**Z:** 7s w/LRT

### **29. 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 2<sup>nd</sup>

**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 2<sup>nd</sup>

**Z:** 5s 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 2<sup>nd</sup>

**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 2<sup>nd</sup>

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

**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 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 L LoB

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

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

#### **43. Diamonds**

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

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

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

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

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