

Kisses Down Low - Week 1

1st class will focus on building a foundation to build on for your basework. The ultimate goal is to give you a strong understanding of basework choreography and how it is just and dynamic as other styles of pole dancing. You will be able to flow "effortlessly" in your freestyling and performances. This will help with a continuous flowing freestyle and stage performances.

- Our goal for this class series is to elevate our pole performance with low flow knowledge. We will break this main goal down into 4 weekly goals.
 1. standing and just barely climbing low flow basics
 2. switching levels, floor play, audience engagement
 3. floor tricks
 - 4.

Warm-up: Moving stretches to warm the body up and prepare it for new movement

Class Activity: We will work on a series of basic moves to put together in a combo to master and build on for the next classes - order of moves will come when classes go live based on level

- walk - transition
- pirouette - transition
- step around - spin
- body rolls
- back slides
- spin up
- leg hooks
- basic climb
- side climb
- lay back



Untitled Attachment

