

# MOMENTUM DANCE & CONCEPTS

## Below The Waist

### Basic Movements

- Rock
- Walk
- Triple
- Box

### Hip Movements

- Lateral
- Settling
- Twisting
- Rotational

### Components

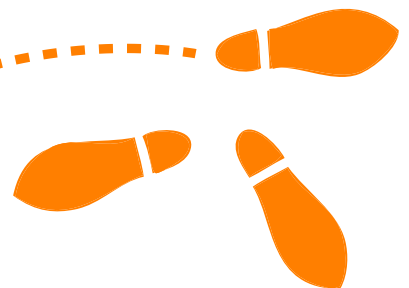
- Rock
- Walk
- Side
- Triple
- Tap

### Leg Lines

- Hip to Knee
- Knee to Ankle
- Ankle to Foot

### Elements of a Step

- Release
- Foot Placement
- Change Weight
- Settle Weight



## Getting To Know Your Feet

### Things Feet Can Do

- Close
- Pass
- Lock

### Footwork (generally)

- Heel
- Toe
- Heel Toe
- Toe Heel
- Ball Heel

### Footwork (specifically)

- Inside Edge of Foot
- Inside Edge of Ball
- Inside Edge of Toe
- Flat Foot
- Outside Edge of Heel

### Foot Positions (Right and Left)

- Forward
  - On Line
  - Slightly Cross (CBMP)
  - Cross (CBMP)
- Forward Slightly Side
- Diagonal Forward
- Side Slightly Forward
- Side
- Side Slightly Back
- Diagonal Back
- Back Slightly Side
- Back

### Beyond Footwork and Position

- Footwork
- Foot Position
- Pattern
- Amalgamation

## Above The Waist

### Dance Positions

- Closed
- Open
- Parallel Right | Left
- Promenade | Reverse
- Shadow (4)
- Shine

### Recurring Properties

- Twinkles
- Spirals
- Fans
- Spot Turns
- Pivots
- Wheels
- Tucks
- Swivels
- Hesitations
- Under Arm Turns
- Grapevines
- Streamline



## Where To Go & How To Get There

### Directional Movements

- Forward
- Back
- Left
- Right
- Up
- Down
- Turning Left
- Turning Right

### Line of Dance Directions

- Line of Dance (LOD)
- Against LOD
- Diagonal Wall
- Diagonal Center
- Wall
- Center
- Diagonal Wall
- Against LOD
- Diagonal Center

## Leaders & Followers

### Ways to Lead

- Sustain
- Activate
- Disallow

### Jobs for the Leader

- Direction
- Timing
- Power
- Steps

### Jobs for the Follower

- Flexibility
- Movement
- Selling
- Collection

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