

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 rib sq CW *ht db F*

Arms: mod-2nd

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-2nd

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: 2nd

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: 2nd

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 Circles

Feet: Wk-2-3-Passe

Hips: alt 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-bouree *ft* db R

Hips: alt 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: 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 2nd

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-2nd

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-2nd

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: 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 L

Torso: alt 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: alt 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 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 4th

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-2nd

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 $\frac{1}{2}$ 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 $\frac{3}{4}$ 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 2nd

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: 5th

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

41. Twists

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

Hips: alt $\frac{3}{4}$ 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 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 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*