

SL4 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, Pelvic Locks, Ribcage Circles

Feet: Wk *ht* db L [4 cts], push-Tn [4 cts]

Hip1: alt sgls *dt* db L

Hip2: alt Pv Lk *ht* db F

Torso: alt Rc cir CCW *ht* db F

Arms: 5th

Z: LRR

2. Singles, Figure Eights, Undulations

Feet: Wk-4-jazz-sq-4 *ht* db R

Hip1: alt $\frac{3}{4}$ sgls *dt* db L

Hip2: alt F8 F-B *ht* db L

Torso: Und U-D *ft* db UB

Arms: mod-2nd

Z: Running 4s & 5s

3. Twists, Circles, Undulations

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

Hip1: alt tw *ft* db R

Hip2: alt ext hip cir CCW *qt* db F

Torso: und D-U *ht* db LoAb

Arms: 5th

Z: [5-5-3]Lx

4. Singles, Pelvic Locks, Ribcage Slides

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

Hip1: alt $\frac{3}{4}$ sgls *ft* db R

Hip2: alt Pv Lks *dt* db B

Torso: alt $\frac{3}{4}$ Rc slides *ht* db R

Arms: 5th

Cymbals: RLL

5. Singles, Figure Eights, Ribcage Squares

Feet: heel-toe-toe *ft* db R

Hips: alt sgls *ft* db R

Hip2: alt F8 B-F *ht* db R

Torso: alt Rc sq CCW *ht* db L

Arms: 5th

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

6. Singles, Undulations, Figure Eights

Feet: Wk flat *ft* db R

Hip1: alt sgls dt db R
Hip2: alt F8 F-B *ht* db R
Torso: und U-D *ht* db UB
Arms: 5th
Cymbals: RLL-RLL-RL

7. Singles, Ribcage Circles, Vibration

Feet: Wk flat *qt* db R
Hip1: alt sgl- $\frac{3}{4}$ *ft* db R
Hip2: Vb
Torso: alt Rc cir CW *ht* db R
Arms: alt arm waves I-O *qt* db R
Z: [4-4-10]L

8. Singles, Figure Eights, Undulations

Feet: Chasse-pas-de-bouree to R *ft* db R
Hip1: alt sgl- $\frac{3}{4}$ *ft* db R
Hip2: alt $\frac{3}{4}$ F8 D-U *ft* db R
Torso: Und U-D *ft* db UB
Arms: 2nd
Z: 5-5-4

9. Pelvic Locks, Undulations

Feet: Kick-ball-change-pas-de-bouree *ft* db R
Hips: alt $\frac{3}{4}$ Pv Lk *dt* db B [1-8]
Torso: Und U-D *ht* db UB [1-8]
Arms: alt arm waves I-O *ht* db R [1-8]
Z: [3-1-5-3]R

10. Pelvic Locks, Singles, Ribcage Figure Eights

Feet: cross-touch *ht* db L
Hip1: alt Pv Lks *ft* db F
Hip2: alt sgls *dt* db L
Torso: alt $\frac{3}{4}$ Rc F8 F-B *ht* db L
Arms: mod-2nd
Z: running 5s

11. Pelvic Locks, Figure Eights, Undulations

Feet: cross-touch *ht* db L
Hip1: alt Pv Lk *dt* db B
Hip2: alt F8 B-F *ht* db R
Torso: Und D-U *ht* db UB
Arms: 5th
Z: [4-1-4-1-4]Lx

12. Pelvic Locks, Figure Eights, Undulations

Feet: GV to R *ht* db R

Hip1: alt $\frac{3}{4}$ Pv Lks *dt* db B
Hip2: alt F8 F-B *ht* db R
Torso: alt und U-D *ht* db UB
Arms: Mod-2nd
Z: 6s

13. Pelvic Locks, Figure Eights, Ribcage Squares

Feet: Wk-2-3-Passe F
Hip1: alt Pv Lks *dt* db B
Hip2: alt F8 U-D *ht* db R
Torso: alt Rc sq CW *ht* db F
Arms: Mod-2nd
Z: [2-7-4]L

14. Squares, Singles, Ribcage Squares

Feet: Wk flat *ht* db R
Hip1: int hip sq CW *qt* db L
Hip2: alt sgls *dt* db R
Torso: Rc sq CW *ht* db L
Arms: 2nd
Z: 4-7-4

15. Squares, Figure Eights, Undulations

Feet: pas-de-bouree *ft* db R
Hip1: alt int hip sq CW *ht* db B
Hip2: alt F8 B-F *qt* db L
Torso: alt und U-D *ht* db UB
Arms: 2nd
Z: Moori

16. Squares, Ribcage Locks, Ribcage Slides

Feet: chasse *ft* db R
Hips: alt int hip sq CW *ht* db F
Torso: alt Rc Lk *ft* db F
Torso2: alt $\frac{3}{4}$ Rc slide *ht* db R
Arms: 2nd
Z: 10s

17. Squares, Figure Eights, Ribcage Slides

Feet: step-touch *ht* db R
Hip1: alt int hip sq CCW *ht* db F
Hip2: F8 F-B *qt* db R
Torso: alt Rc slide *qt* db L
Arms: mod-2nd
Z: 2-6

18. Squares, Figure Eights, Ribcage Circles

Feet: Pas-de-bourree *ft* db R

Hip1: alt int hip sq CW *ht* db R

Hip1: alt F8 F-B *qt* dt R

Torso: alt Rc cir CW *ht* db F

Arms: Mod-2nd

Z: 2-6-10

19. Squares, Circles, Vibration

Feet: H

Hip1: alt Int hip sq CW *ht* db F

Hip2: Ext hip circle CW *qt* db F

Hip3: Vb

Arms: 5th

Z: 4-4-10

20. Singles, Circles

Feet: Wk *ht* db R

Hip1: alt $\frac{3}{4}$ sgls *qdt* db R

Hip2: ext hip cir CW *qt* db F [1-4]; F8 F-B *qt* db R [5-8]

Arms: 2nd

Z: 7-1-3-3

21. Circles, Ribcage Locks, Undulations

Feet: GV to R *ht* db R

Hips: Int hip cir CW *ft* db L

Torso1: Alt Rc Lks *ht* db F

Torso2: alt und U-D *ht* db UB (UB ct 1, 3, LoAb ct 2, 4) [1-8]

Arms: 2nd

Z: 10-4-4

22. Circles, Figure Eights, Ribcage Circles

Feet: Chasse *ft* db R

Hip1: alt int $\frac{1}{2}$ hip cir F-dom *ft* db R

Hip2: alt F8 U-D *qt* db R

Torso: alt Rc cir CCW *ht* db R

Arms: Mod-2nd

Cymbals: 4-5-1-4

23. Circles, Ribcage Locks

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

Hip1: int cir CCW *ft* db R

Hip2: ext cir CW *qt* db R

Torso: alt Rc Lks *ht* db F

Arms: 5th

Z: [4-5-5]Rx

24. Circles, Singles, Ribcage Figure Eights

Feet: GV *ht* db L

Hip1: alt int hip cir CW *ht* db L

Hip2: alt sgls *dt* db L
Torso: alt Rc F8 F-B *ht* db R
Arms: 5th
Z: [4-4-7] L

25. Circles, Singles Ribcage Figure Eights

Feet: heel-toe-toe *dt* db R
Hip1: int $\frac{1}{2}$ cir B-dom *ht* db R
Hip2: alt $\frac{3}{4}$ sgls *dt* db R
Torso: alt Rc F8 F-B *ht* db R
Arms: 5th
Z: [5-5-3]Lx

26. Figure Eights, Ribcage Slides

Feet: chassés *ft* db R
Hip1: alt F8 U-D *ft* db R
Hip2: alt F8 F-B *qt* db R
Torso: alt $\frac{3}{4}$ Rc slides *ft* db L
Arms: 2nd
Z: 7s w/LRT

27. Singles, Vibration, Ribcage Figure Eights

Feet: H: grande plie D [1-4]; grande plie U [5-8]
Hip1: alt sgls *dt* db R
Hip2: Vb
Torso: alt Rc F8 B-F *ht* db R
Arms: mod-2nd
Z: Alt 4s & 5s

28. Circles, Vibration, Undulations

Feet: GV to R *ht* db R
Hip1: int hip cir CCW *ft* db F
Hip2: Vb
Torso: alt und U-D *ft* db UB
Arms: 2nd
Z: [2s] L

29. Figure Eights, Circles, Vibration, Undulations

Feet: St-touch *ht* db R
Hip1: alt F8 F-B *qt* db R
Hip2: int hip cir CW *ft* db R
Hip3: Vb
Torso: und U-D *ht* db UB
Arms: 2nd
Z: 5s w/LRT

30. Pyramids, Figure Eights, Ribcage Locks

Feet: St-touch *ht* db R

Hip1: alt Pyr CW *ft* db F
Hip2: alt F8 F-B *qt* db R
Torso: alt $\frac{3}{4}$ Rc Lks *ft* db F
Arms: 5th
Z: 3-5-5 w/LRT

31. Pyramids, Singles, Ribcage Vs

Feet: Cross-touch *ht* db R
Hip1: alt Pyr CW *ft* db F
Hip2: alt sgls *ft* db L
Torso: alt Rc V *ft* CCW db B
Arms: alt Arm waves I-O *qt* db R
Z: 3-5-3 w/LRT

32. Vs, Figure Eights, Ribcage Locks

Feet: chasse *ft* db R
Hip1: alt Vs CCW *ft* db B
Hip2: alt F8 B-F *qt* db R
Torso: alt Rc Lk *ht* db B
Arms: alt Arm wave I-O *ht* db R
Z: 3-5-1-3 w/LRT

33. Vs, Ribcage Circles

Feet: Kick-ball-change-Pas-de-bouree[1-4], push-Tn[5-8]
Hip1: alt Vs *ht* db R
Hip2: ext $\frac{1}{2}$ hip cir F-dom *qt* db R
Torso: Rc cir CCW *ht* db R
Arms: 2nd
Z: 3-1-5-3 w/LRT

34. Diamonds, Vibration, Undulations

Feet: St-touch *ht* db R
Hip1: alt dmd CW B-dom *ht* db F [1-8]
Hip2: Vb
Torso: Und D-U *ht* db LoAb [1-8]
Arms: 5th
Z: 3-7-3 w/LRT

35. Twists, Circles, Ribcage Circles

Feet: St-touch *ht* db R
Hip1: alt $\frac{3}{4}$ tw *ft* db L
Hip2: ext hip cir CCW *qt* db L
Torso: Rc cir CCW *ft* db L
Arms: 2nd
Z: 3-7-7 w/LRT

36. Twists, Ribcage Slides

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

Hips: alt Tw *dt* db R

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

Arms: 2nd

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

37. Octagons

Feet: cross-touch *ht* db R

Hips: oct CW *qt* db F

Arms: 2nd

Z: 2-1-5-2

38. Octagons

Feet: step-touch *ht* db L

Hips: oct CCW *qt* db B

Arms: 5th

Z: [2-5-1-2]L,Rx

39. Pelvic Locks

Feet: drag-cross-1 chaine *ft* db R foot

Hips: alt Pv Lks *dt* db B

Arms: 5th

Z: [5-5-2]L,Lx

40. Diamonds

Feet: Wk *ht* db L

Hip1: dmids FR-dom CW *qt* db B

Hip2: vibration

Arms: 5th

Z: [2-5-5]Rx

41. Diamonds

Feet: Wk *ht* db R

Hip1: dmids BL-dom CCW *qt* db R

Hip2: vibration

Arms: 5th

Z: 2-2-7

42. Circles

Feet: Wk *qt* db L

Hip1: int $\frac{1}{2}$ cir L-dom *qt* db F

Hip2: Vb

Arms: 5th

Z: [3-7-3]L,Rx