

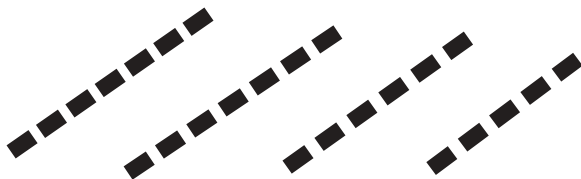
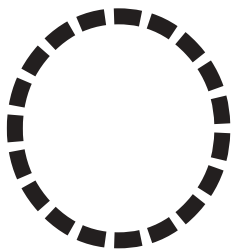
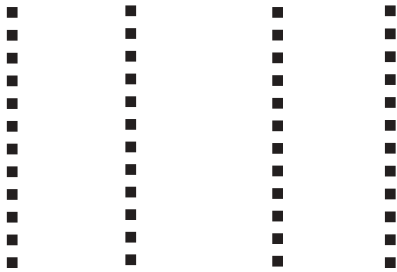
FORMATIONS

by Debbie Byrd

Formations are very audience appealing! Use a minimum of 3 formation changes in a normal length routine, movement into a formation is usually done at the end of one step so the new step can begin in the new formation. To help with precision and stability of the routine stay in one formation at least one or two steps before moving again.

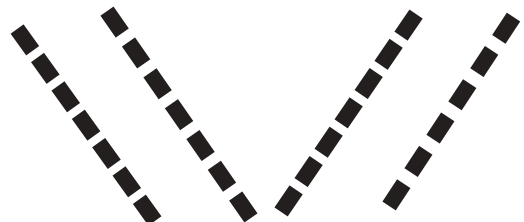
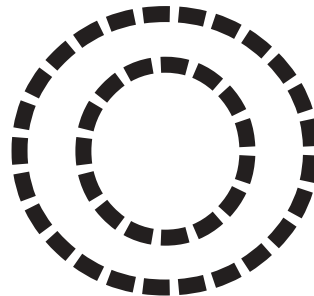
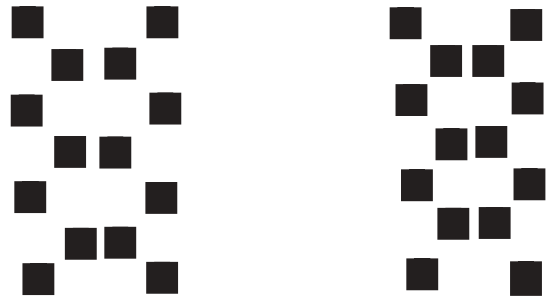
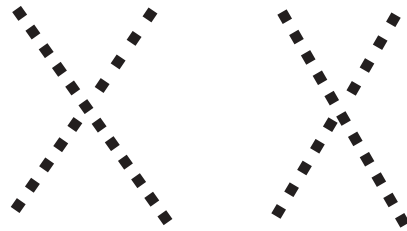
Basic Formations

X X X X X X X X X X
X X X X X X X X X X



Variation of Basic Formations

XX XX XX XX XX XX XX XX
XX XX XX XX XX XX XX XX



TRAVELING PATTERNS

by Debbie Byrd

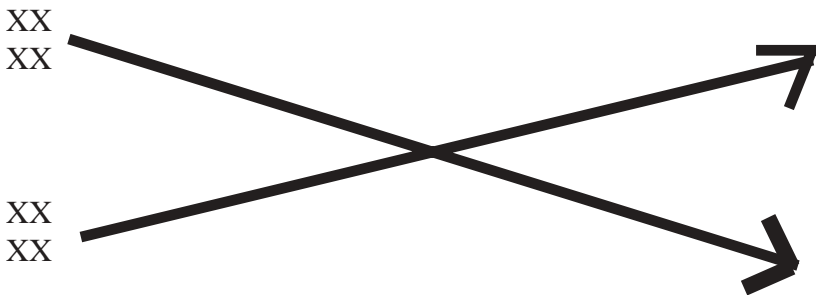


Travelling or locomotor patterns add a great deal of pizzazz to any choreography and the majority of them are very simple to execute. Some good examples of them are very simple jazz runs, step hops, step leaps, side slides, step chasse, two step and three step turns. The following drawings are examples of different travelling patterns. Travelling patterns can sometimes revive some old choreography to have a different look and new life. Try some of these, then design your own!

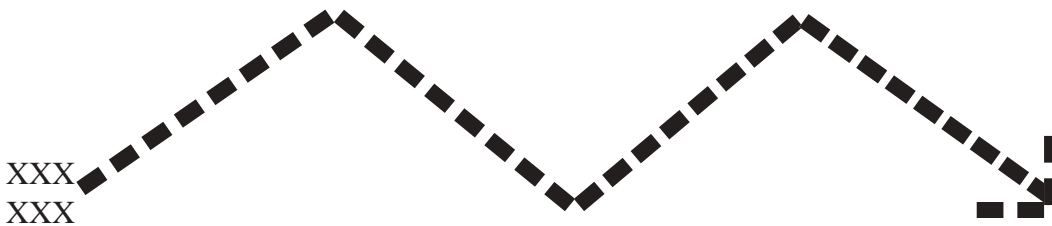
1. Divide your group in half--groups travel from each end:



2. Alternate corners:



3. Use a zig zag path:



4. Alternate corners--travel a circular pathway:

