

COURSE TITLE: Jookin Moves (Vocabulary)

Date started: 1 Jan 2018

Date completed:

Class Title: 1. Rocks

Date started: 1 Jan 2018

Key moments (note down timeframes in the video you want to refer back to):

Solo movement starts at 00:00

Partnered Rocks start at 2:50

Key things to remember:

- Feet wider than hip width – split weight
- 'swing' don't isolate – relax the hips
- To lead – go 'down' clearly and stay 'split weight'

Future projects:

(**What** are your areas for improvement and **how** will you work on them?)

My solo rocks are working well but I often can't communicate them clearly to my partner.

Start the next session practicing leading and following the rocks in closed position – focus on the transition. Ask my partner to close their eyes while I lead to make sure I'm signalling clearly with my body.

Class Title: 2. The Hip Push

Date started: 7 Jan 2018

Key moments (note down timeframes in the video you want to refer back to):

Solo movement starts at 00:00

*I Stopped at 3:30... start from here next time ***

Key things to remember:

- More relaxed leg – KEEP HEELS DOWN!
- No crunching – 'long' swinging action
- Come back to 'neutral' after the hip push so I can use it on a basic

Future projects:

(**What** are your areas for improvement and **how** will you work on them?)

It feels good to slow music but I need to practice dancing to slightly faster music and staying relaxed. For the next session I will start slow and gradually increase the tempo of the music – as I get faster make my hip push smaller.