



Freestyle Dance Blueprint

The 3 KEY Elements to a good freestyle set

- Foundation
 - Learn the groove of the dance and apply it to the music
 - This is your base movement, always come back to the foundation
- Arsenal
 - These are your moves that you add within the foundational movements
 - Waves, Footwork, Miming, Running Man, Tutting, etc.
- Style
 - The style aspect of “FreeSTYLING”
 - This includes facials, energy, creativity games, changing the feel of the moves, directions, improvisation, storytelling, creating sentences, etc.
 - Style is how you wrap up the foundation and arsenal moves in a nice presentable package

Patience Exercises

INTRICATE EXERCISE

Chose one body part and move from any starting point to any ending point. (you choose where you start and end, there are no wrong answers!)

Move that body part to different counts in the music:

Ex. Move your ARM from position A to position B for one 8 count.

- Arm for one 8 count | 4 count | 2 count
- Leg for one 8 count | 4 count | 2 count
- Wrist for one 8 count | 4 count | 2 count
- Arm wave for one 8 count | 4 count | 2 count

GROOVE PATIENCE EXERCISE

Pick a groove

- Groove for 8 count
- Switch to a different groove for 4 count
- Switch to another groove for 2 count
- Pick your favorite groove and do same movement for 1 whole song