

30-Day, 30-Minute Dance Practice Regimen



Day 1 Muscle Engagement and Isolations

Day 2 Hip and Chest Slides and Twists

Day 3 Vertical Hip tilt, pelvic lift and drop

Day 4 Hip lifts

Day 5 Hip drops

Day 6 Wrist circles and Hand Undulations

Day 7 Isolation Combinations with Foot and Arm positions

Day 8 Steps and Rhythmic Weight Changes

Day 9 Pivots and Turns with Steps

Day 10 Hip and pelvic circles, standing and pivots

Day 11 Traveling with Isolations and circles

Day 12 Horizontal Hip figure 8's

Day 13 Upper Body Strengthening and Flexibility

Day 14 Vertical Hip figure 8's

Day 15 Dynamic chest figure 8's and upper body undulations

Day 16 Lower Body Undulations

Day 17 Shimmy conditioning

Day 18 Transitions

Day 19 Essential Combinations 1: Fwd/back step, 3-step transition and turn

Day 20 Shimmy Transitions: Dynamic Alignment

Day 21 Continuous Shimmy Practice

Day 22 Dynamic Shimmies

Day 23 Layering with Shimmies

Day 24 Dynamic Undulations

Day 25 Body Carriage and Traveling

Day 26 Three-quarter shimmy on the Down, a.k.a Hagallah walk

Day 27 Essential Step Combinations 2: double side-side hips $\frac{3}{4}$ shimmy, 3-step chasse 3-step turn

Day 28 Essential Step Combinations 3: step-touch+3-step turn, side-step

Day 29 Signature Variations 1: Wonky Loopy Figure 8's

Day 30 Signature Variations 2: Body Rolls, Transitions, Hip-Pelvic Circle Combo

Learn online: Katayoun-Dance.teachable.com