

Kami workshop, Gloucester 27.05.06

Locks, Breaks and Waves Workshop notes:

Thank you so much for coming to my workshop! Here are the notes, I tried to make them clear as possible on paper... if you have any questions, let me know!

Drills:

Down Hips (use obliques to pull the hip up & in before sending it down, move is sharp)

Chest lock up (expand the rib cage and contract the upper back to get lift)

Chest lock back (contract the upper abs in achieve drop, keep the shoulders back)

Pelvic lock forward (contract the lower abs to bring pelvis forward & up, glutes relax)

Pelvic lock back (contract the lower back to bring pelvis back, maintain a safe lower back curve.

4 count shoulder break (right shoulder forward 1, up 2, back 3, down 4, (repeat) forward 5, up 6, back 7, down 8. Lt shoulder opposes the rt).

8 count shoulder break (Rt shoulder forward, forward 12, up up 34, back back 56, down down 78. Try to smooth out the square to get a broken circle.

4 count chest circle break (chest rt 1, up 2, Lt 3, down 4 (repeat 5678) makes moves sharp)

8 count chest circle break (chest rt rt 12, up up 34, Lt Lt 56, down down 78. Try to smooth out square to create a broken chest circle.

Body wave (Chest forward, up (contract upper back), chest back (contract upper abs), pelvic lock forward (to protect lower back), chest back to neutral, pelvic neutral.)

Shimmies (big loose relaxed shimmies coming from the knees)

Combos:

Hip drop down, up down (1&2) omi, bodywave up (3&4)

switch direction repeat 5678, switch again

*repeat for 2 counts of 8)

Lock Combo:

rt shoulder forward, Lt shoulder (1&), chest lock up, back to neutral on (2&), pelvic lock back, neutral (3 &), chest lock down, neutral on (4 &).

Lt hip drop 5,6 walk back on rt foot w/ reverse body wave on 7, 8.

Body wave Combo

On a rt diagonal:

Body wave down slow, (think large lifted chest, watch the pelvis) 8 counts

Body again 12345

Pelvic lock back on 6, pelvic lock forward on "and", chest lock down on 7, chest lock up on "and", pivot to face Lt diagonal on 8.

Shimmy Combo:

Big loose shimmies for 8 counts, arms float up

Roll rt shoulder roll 1234 left 5678

Rt shoulder breaks in 4 forward, up, back, down (left shoulder is opposing) 1234

Rt sholulder breaks in 8 forward, forward, up, up, back, back, down, down. 5&6&7&8
(Shimmying for entire combo)

Chest circle to the RT 1234 again 5678

Hit on 8 and go to the LT 1234 & 5678 (lt, up, rt, back)

Break chest circle into 4's 1234, then break into 8's 5&6&7&8.

The main song we danced to was "Everybody" by Bassnectar on the Mezmerizing the Ultra CD. www.bassnectar.net