

SWINGING



SWINGING

Swinging movements, as we practice them, are the most effortless of all body movements. By emphasizing relaxation, we permit gravity to do most of the work, achieving a unique experience of harmony between the forces within and without ourselves.

Swinging movements are both relaxing and stimulating and a deep source of creative energy. Combined with other movements, they can increase efficiency and ease of motion.

Swings are pendular in feeling. They may occur in any direction or plane.

Because of their regular back and forth quality, swings lend themselves to sound accompaniment. This may be provided by the student himself, saying "swing", or by the teacher's hand clap or drum beat, occurring at the weightiest moment of the swing.

A teacher experienced in accompaniment may define the measure of a swing as two-beat or three-beat, depending on the quality of movement desired. The three-beat measure is more passive in feeling and is therefore a better pattern for most of our swings.

Example

swing	_____	_____
pulse and measure	— — —	— — —
possible sound accompaniments	— —	— —

SWINGING

ARM SWINGS	121
ARM AND BODY SWINGS	145
LEG SWINGS	201
LEG AND ARM OPPOSITION SWINGS	231

ARM SWINGS

OUTLINE OF ARM SWINGS

BACKWARD-FORWARD (vertical)	124
1. Preparatory Exercise	124
2. Parallel Motion	124
3. Opposite Motion	126
4. Circle	126
A. Forward	126
B. Backward	127
5. Alternating Circle-and-Half	128
 SIDEWARD (vertical)	 130
1. Parallel Motion	130
A. Arm Swing	130
B. Arm Circle	131
1) In Place	131
2) Place to Place	132
a) Walking	132
b) Galloping	132
2. Opposite Motion: Cross-Arm Swing	133
A. Cross Front	133
B. Cross Back	133
C. Front and Back	134
D. Exchange	134
E. Punching	135
3. Cross Arm Circle	136
4. Cross Arm Circle with Body Drop	137

OVERHEAD (horizontal)	138
1. Circle	138
A. Inward	138
B. Outward	139
C. Both Arms	139
2. Figure Eight	140
A. One Arm	140
B. Both Arms	140
C. With Weight Shift	141
D. Locomotor Variations	142
1) Walking	142
2) Skipping	143
3) Running	143
4) Group Movements	144

ARM SWING - BACKWARD-FORWARD (vertical)

1. Preparatory Exercise

Basic standing position (page 20)...

Raise both arms over head... now relax them suddenly and completely, letting them collapse and fall heavily at your sides...

Exhale and loosen whole body as arms drop.

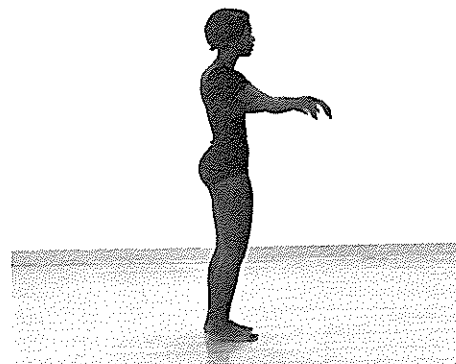
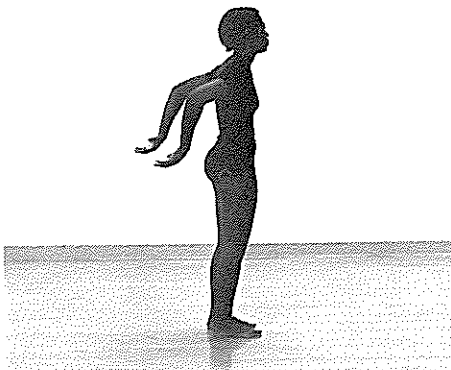
If arms are completely relaxed as they fall, they will swing a moment before coming to rest. Raise and drop arms a few times, noticing this natural swing...

Once more, raise and drop arms... now continue natural swinging movement, guiding it into backward and forward direction...

2. Parallel Motion

Basic standing position (page 20)...

Keeping arms as relaxed as possible, swing them backward and forward from shoulders in regular pendular motion...



Emphasize relaxed drop of arms in response to pull of gravity every time arms swing through from front to back or from back to front. Use as little energy as possible. Let gravity do most of work.

Relaxed arms should be rolled slightly inward (back of hands forward). They should bend at elbows at end of both backward and forward swings.

Backward and forward swings are of equal duration (time) and range (space): do not allow forward swing to become higher or slower than backward swing.

Pulse is perfectly regular. Pace is slow enough to give plenty of time for relaxed drop, yet not so slow that drop becomes controlled.

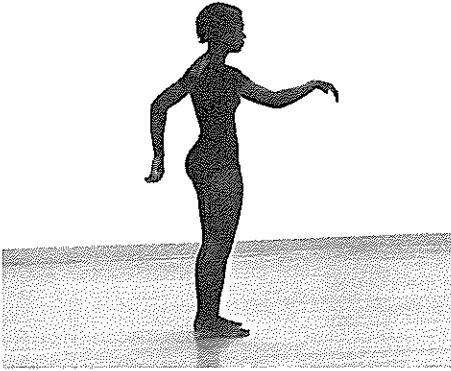
Continue backward - forward arm swing, letting knees bend slightly with every drop of arms in easy springing movement (as in Little Knee Spring, Exercise 1-A, page 98)...

Knee spring, like arm swing, consists of down-up movement. Arms and legs are thus united in single impulse.

For beginners, it is advisable to begin movement with knee spring, adding arms after beat has been firmly established.

In order to coordinate entire movement through rhythm of breath, say "swing" every time arms drop and knees bend. After it has become habitual to exhale on every drop, it is no longer necessary to say it.

3. Opposite Motion



Same as preceding exercise, except that arms swing in opposite directions: as one arm swings forward, other arm swings backward...

4. Circle

These exercises further shoulder flexibility.

Basic standing position with arms in relaxed position over head...

A. Forward

Keeping arms relaxed, swing them in circular motion from back to front, dropping them heavily at sides and letting knees spring as they swing through...

In forward circle, arms move first backward then downward then forward and finally upward, ending in overhead starting position.

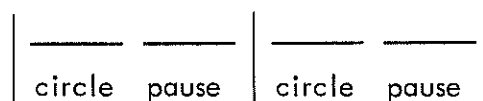
B. Backward

Swing arms in circular motion (as in preceding exercise) from front to back...

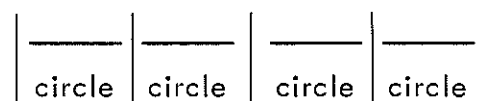
In backward circle, arms move first forward then downward then backward and finally upward again.

Practice forward circle several times, then backward circle...

Repetition of circle may occur continuously without pause, or there may be pause in starting position before each repetition. If there is pause, it should be felt as beat, giving movement two-beat pattern



If there is no pause, pattern is one-beat



It is drop of arms which is felt as beat.

5. Alternating Circle-and-Half

This is development of Exercise 2 (page 124) in combination with Exercise 4 (page 126)...

Pendular swing described in Exercise 2 can be extended in time and space by increasing force of movement and adding arm circles (alternating forward and backward) as follows:

Basic standing position...

Starting with relaxed arms raised backward as at end of backward swing in Exercise 2, swing arms forward and upward in circular movement which continues up over head then backward and downward and finally forward again, completing circle-and-half and ending with arms raised forward as at end of forward swing in Exercise 2...

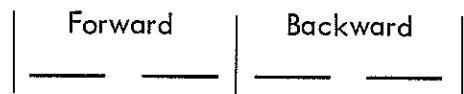
Now reverse movement, describing circle-and-half in opposite direction: arms swing downward and backward, continuing up over head then forward and finally downward and backward again, ending in starting position...

Continue to swing arms in this circle-and-half pattern, alternating forward and backward direction...

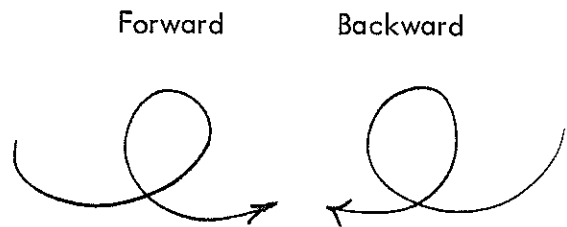
Although extended in time and space, movement still has pendular quality. Be sure to relax arms completely, letting them drop heavily at sides every time they swing through from front to back or from back to front.

Every drop of arms, being weightiest moment of swing, should be felt as a beat. Every circle-and-half swing is one continuous movement (single impulse) having two beats (two arm drops).

Time Pattern



Space Pattern



Exhale and let knees spring on every beat.

This arm swing develops into arm and body swing in Exercise 3-A, page 153.

ARM SWING - SIDEWARD (vertical)

1. Parallel Motion

A. Arm Swing

Basic standing position (page 20)...

Swing arms in parallel motion from side to side in front of body...



Arms should be as relaxed as possible, dropping heavily every time they swing through. Use as little energy as possible, letting gravity provide most of force. Emphasize pendular quality of swing.

In order to further relaxed arm drop, head and shoulders may hang slightly forward.

Let knees spring as arms drop so that arms and legs are coordinated in regular down-up motion.

Every drop of arms represents a beat. Say "swing" on every beat.

Although upper arms are slightly controlled, lower arms hang completely relaxed.

B. Arm Circle

1) In Place

Basic standing position with both arms raised sideward right (or left) in relaxed position a little below shoulder height...

Dropping arms, swing them in parallel motion down and across in front of body then up over head in continuous circle ending in starting position...

Movement has same relaxed pendular quality as preceding exercise (1-A).

Exhale and let knees spring as arms drop.

Emphasize feeling of sideward vertical plane.

Circle may be repeated continuously in one direction, in which case it has one arm drop: one beat.

continuous
repetition

drop	drop	drop
—	—	—

Or direction of circle may be reversed after every swing, in which case circle becomes circle-and-half having two arm drops: two beats.

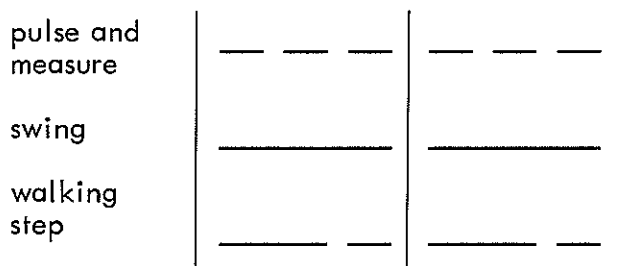
direction
change

swing right		swing left	
—	—	—	—
drop	drop	drop	drop

2) Place to Place

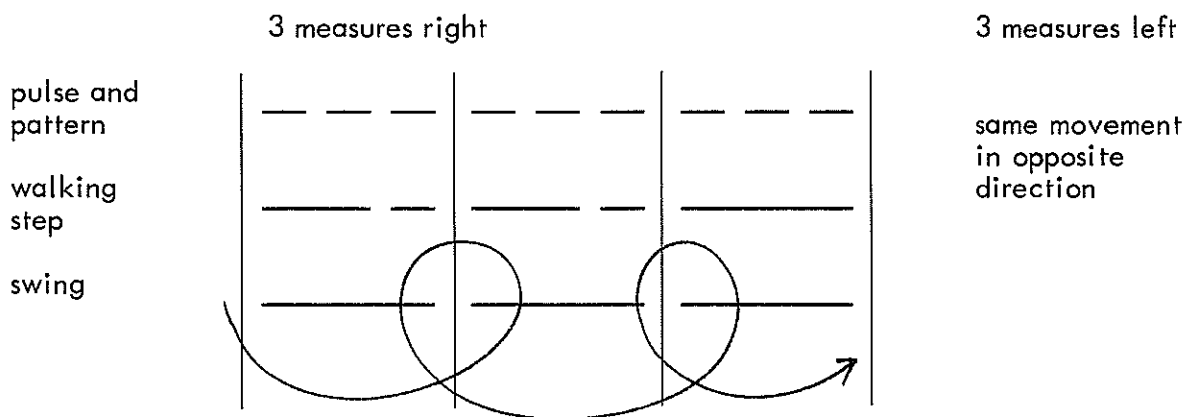
a) Walking

Walk sideward right (see Walking, Exercise 3-B, page 380) while swinging arms in parallel arm circle right...



Uneven step in three-beat measure is best time pattern for feeling of swing.

Movement may continue in one direction (sideward left or right); or direction may be reversed after several measures, in which case there is only one step (instead of two) on last measure.



b) Galloping

Same pattern as Sideward Walking (above) with faster pace and light spring off ground (see Galloping, Sideward, page 428)...

2. Opposite Motion: Cross-Arm Swing

A. Cross Front

Same as Exercise 1-A (page 130) with this difference:

Swing arms in opposite directions, alternately crossing them in front of body and uncrossing them...



B. Cross Back

Same as preceding exercise, crossing arms in back, instead of in front, of body...



C. Front and Back



Same as preceding exercise, swinging one arm in front of body, other in back...

D. Exchange

Same as preceding exercise, exchanging arm position (front, back) after every swing...

E. Punching



Same as preceding exercise, with this development:

Stand in astride position (page 20)...

As arms cross (one front, one back), front arm punches: fists clench, abdominal muscles contract, entire body expresses forcefulness...

As arms uncross, tension is released...

Other forceful movements,
developed out of swings, will be
found on pages 341 - 352.

3. Cross-Arm Circle

This is development of Exercise 2-A on page 133)...

Basic standing position with arms raised sideward in relaxed position a little above shoulder height...

Dropping arms, swing them in opposite motion across in front of body then up over head in continuous circle ending in starting position...

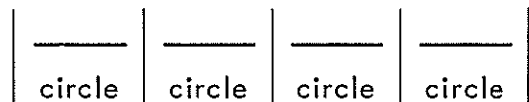


Movement has same relaxed pendular quality as cross arm swing (Exercise 2-A, page 133).

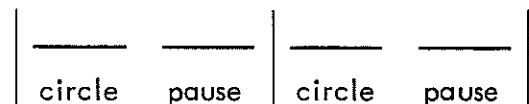
Exhale and let knees spring as arms drop.

Circle may be repeated continuously, one movement following another without interruption, or there may be pause at conclusion of every circle before beginning of next one. Pause adds beat, creating two-beat pattern

continuous
repetition
(one beat)



with
pause
(two beats)



Reverse direction of circle as follows:

Start with arms crossed in front of body...

Dropping arms, swing them out to sides in opposite motion then up over head and back to cross-arm position...

4. Cross-Arm Circle with Body Drop

Same as preceding exercise, gradually drawing entire upper body into movement as follows:

Repeat arm circle several times... as arms drop, let head and body drop forward, each time dropping lower until trunk drops all the way down from hips, head hanging, hands brushing floor...

As body drops lower, movement becomes larger, pace slower.

As every arm circle is completed, body returns to erect starting position.

Be sure to exhale and to relax arms and body as completely as possible on every drop.

Do not forget knee spring.



Sequence of four arm circles may be repeated as follows:

- | | | |
|-----|--------|--|
| 1st | circle | body erect... |
| 2nd | circle | head and shoulders drop forward... |
| 3rd | circle | upper spine drops forward... |
| 4th | circle | lower spine drops forward, hands brushing floor... |



As in preceding exercise, direction of circle may be reversed...

ARM SWING - OVERHEAD (horizontal)

1. Circle

A. Inward (toward body)

Basic standing position (page 20) with right arm raised upward and slightly sideward in relaxed position over head...

Swing right arm in horizontal circle over head, directing it forward and to left, then backward and to right...



Arm rotates inward as it moves toward body and outward as it moves away from body.

Repeat circular swing continuously, starting every time with strong impulse as arm moves forward and to left (in kind of whipping movement)...

Exhale and let knees spring on strong beat.

Be sure swing is in horizontal plane.

Repeat same movement with left arm...

B. Outward (away from body)

Same as preceding exercise, with direction of circle reversed:

Start with right arm over head to left and direct it forward and to right, then backward and to left again...

Arm rotates outward as it moves away from body and inward as it moves toward body.

Repeat movement with left arm...

C. Both Arms

Same as preceding exercises (1-A and 1-B), using both arms simultaneously...



2. Figure Eight

A. One Arm

Combine Exercises 1-A and 1-B (preceding pages) as follows:

With one arm, describe first inward then outward circle in continuously flowing figure eight having two beats...

circle	circle	circle	circle
inward	outward	inward	outward

B. Both Arms

Same as preceding exercise, using both arms simultaneously: on first beat arms cross, on second beat they swing apart...

C. With Weight Shift

Same as preceding exercise, with this difference:

Stand in astride position (page 20) with one arm ready for figure eight swing, other in raised position (page 21)...

One arm is in raised position while other arm swings.

Repeat one-arm figure eight swing (2-A, above), shifting weight from side to side: as right arm swings left describing inward circle, shift weight left and, as it swings right describing outward circle, shift weight right...



Entire body moves freely with arm swing, but horizontal plane of circle must be maintained.

Repeat same movement with other arm...

D. Locomotor Variations

Practice overhead figure eight swing with one arm while walking, skipping or running, as follows:

1) Walking

Step once on every beat of two-beat figure eight arm swing:

right arm: when circling inward, step left
 when circling outward, step right



right arm
figure eight
swing

circle inward

circle outward

walking
step

step left

step right

left arm:

when circling inward, step right
when circling outward, step left

This opposition of arm and leg is
natural locomotor coordination.

Step occurs at same time as impulse
of circular swing.

2) Skipping



Skip once on every beat of two-beat figure eight arm swing... same arm and leg coordination as in walking (above)...

3) Running

Take three running steps on every beat of two-beat figure eight arm swing...

right arm: when circling inward, first step is left
 when circling outward, first step is right

right arm swing	circle inward			circle outward		
	_____			_____		
running step	_____	_____	_____	_____	_____	_____
	left	right	left	right	left	right

left arm: when circling inward, first step is right
 when circling outward, first step is left

This is natural arm-leg coordination.

First of every three running steps occurs at same time as impulse of circular swing.

4) Group Movements

Running with figure eight arm swing lends itself to these group movements:

- a) Group runs continuously in circle.

When running clockwise, start on left foot and swing right arm; when running counter-clockwise, start on right foot and swing left arm. This gives comfortable relationship of arm swing and foot pattern to curve of circle.

- b) Group stands in circle, facing outward, while each member in turn runs around outside.

- c) Two groups stand at opposite ends, or corners, of room. First one group, then other, sends runner across to other group as if waving banner in relay.

ARM AND BODY SWINGS

OUTLINE OF ARM AND BODY SWINGS

BACKWARD-FORWARD (vertical)	150
1. Basic Swing	150
A. Little Drop	150
B. Big Drop	151
1) Gradual Development	151
2) Big Swing	151
2. With Locomotion	152
A. One Step (walking)	152
B. Two Steps (walking)	152
C. Three Steps (running)	152
3. With Circle-and-Half Arm Swing	153
A. In Place	153
B. Place to Place	154
1) Walk	154
2) Gallop and Hop	155
3) With Fall	155
SIDEWARD-UPWARD (vertical)	156
1. Body Swing	156
2. With Arms	157
A. Arm Drop	157
B. Underarm Swing	158
SIDEWARD-DOWNWARD (vertical)	159
1. Body Swing	159
2. Astride, with Weight Shift	160
3. With Arms	161
4. Circle	162

SIDEWARD-DOWNWARD (continued)

5.	Alternating Circle-and-Half	163
6.	Circle with Half Turn	164
	A. Pivot	164
	B. With Hop	166
	C. With Fall	167

HORIZONTAL 168

1.	Preparatory Exercise	168
2.	Basic Swing	168
	A. Basic Position	168
	B. Astride	169
3.	Half Turns Place to Place	170
	A. Preparatory Exercise	170
	B. Basic Half Turn	171
	1) Walking	171
	2) Leaping	173
	3) Skipping	173
	C. Contracted Measure	173
	D. Increasing Pace	173
	E. Increasing Number of Half Turns	174
	F. Continuous Half Turns	174
	G. Alternating Measure	175
4.	Half Turns in Place	175
	A. Basic Turn	175
	B. Starting with Half Turns Place to Place	176
	C. Foot Positions	176

HORIZONTAL (continued)

5.	Horizontal Descents	177
A.	To Knee (foot pivot)	177
B.	To Sitting Position (knee pivot)	178
C.	Sit-Turn (hip pivot)	179
D.	To Lying Position (shoulder pivot)	180
6.	Curves, Circles, Figure Eights	181
A.	Curves	181
1)	Forward and Backward	181
2)	Forward with Half Turn	182
3)	Backward with Half Turn	182
4)	Forward and Backward with Full Turn	183
B.	Circles	184
1)	Forward	184
2)	Backward	184
C.	Figure Eights	185
1)	Forward	185
2)	Backward	186
3)	Forward and Backward	186
4)	Running	187
5)	With Leap	187
6)	In Couples	188
7)	Group	189
a)	Single Group	189
b)	Two or More Groups	189
	PARALLEL-ARM FIGURE EIGHT	190
1.	Arm Swing	190
2.	With Body Twist	190

PARALLEL-ARM FIGURE EIGHT (continued)

3.	With Locomotion	191
A.	Preparation	191
B.	Walking	191
C.	Skipping	192
	1) Walking and Skipping	192
	2) Continuous Skipping	192
D.	Backward Locomotion	192

CROSS-ARM FIGURE EIGHT 193

1.	Beginning with Head	193
2.	Beginning with Arm Circles	195
3.	Beginning with Figure Eight	195
4.	Walking and Skipping	197
A.	In Place	197
	1) Stepping Backward and Forward	197
	2) Skipping	198
B.	Place to Place	198
	1) Walking	198
	2) Skipping	198
	3) Skipping with Half Turns	199

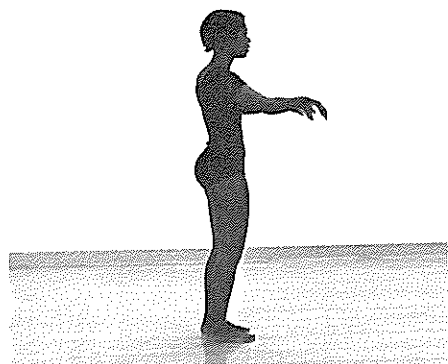
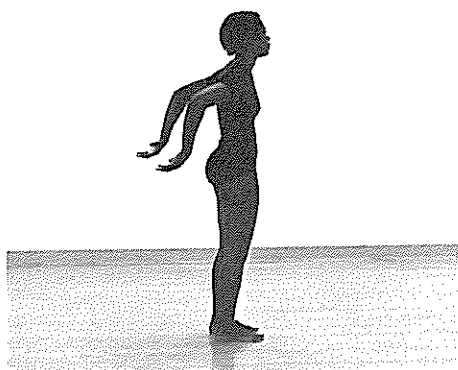
ARM AND BODY SWING - BACKWARD-FORWARD (vertical)

1. Basic Swing

This is development of Backward-Forward Arm Swing (page 124)...

Basic standing position...

A. Little Drop



Beginning with Backward-Forward Arm Swing, bring whole body into movement as follows:

As arms swing backward, drop head and upper spine forward. As arms swing forward, return to upright position...



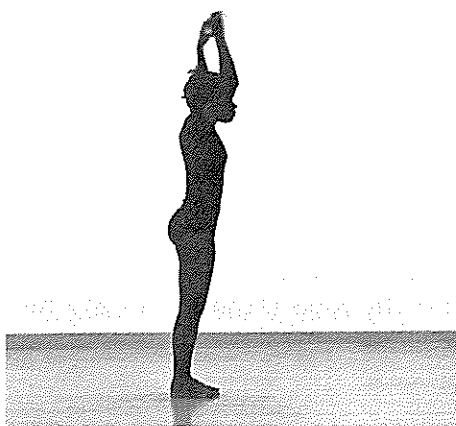
Movement has regular pendular quality coordinated with elastic spring in knees. Let swing be as relaxed as possible.

Say "swing", speaking word as body drops, on both backward and forward swings. This assures proper breathing and develops feeling for beat.

B. Big Drop

1) Gradual Development

Same as preceding exercise, gradually making movement larger and slower, dropping body lower on every backward swing until it drops all the way down from hips with head down and arms raised backward. On every forward swing, as body returns to upright position, let arms swing up over head...



2) Big Swing

Same as preceding exercise with this difference:

Instead of building up movement gradually, start with arms raised over head and begin with big drop...

2. With Locomotion

A. One Step (walking)

While swinging arms and body backward and forward as in Exercise 1-A (page 150), walk forward slowly, taking one step on every drop...

swing (body drop)	backward	forward
walk	step	step

B. Two Steps (walking)

While swinging arms and body backward and forward as in preceding exercise, walk forward at moderate pace (regular pulse), taking two steps on every body drop...

swing (body drop)	backward	forward
walk	step	step

C. Three Steps (running)

While swinging arms and body backward and forward as in preceding exercise, run forward (regular pulse), taking three running steps on every body drop...

swing (body drop)	backward	forward
run	step	step

3. With Circle-and-Half Arm Swing

A. In Place

Combine Backward-Forward Arm and Body Swing (Big Swing, Exercise 1-B-2, page 151) with Alternating Circle-and-Half Arm Swing (Exercise 5, page 128) as follows:

Start with body dropped forward from hips and hanging with head down and arms raised backward, as at end of Big Swing (Exercise 1-B-2, page 151)...

Gradually bring body to upright position while swinging arms in circular movement which begins forward-upward and continues backward-downward and finally forward-upward again, completing circle-and-half ending with arms raised over head...

Now gradually let body drop forward, reversing direction of circle-and-half arm swing and ending in starting position...

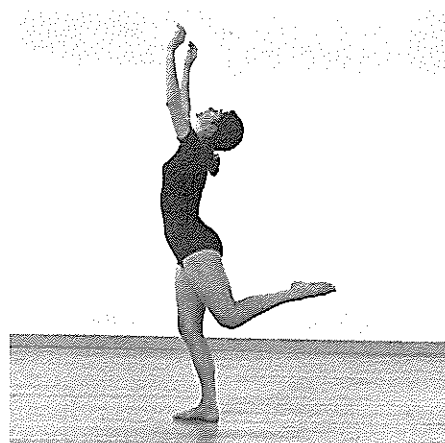
Movement is pendular in feeling.
Pace is slow.

Every circle-and-half arm swing has two arm drops which are felt as two beats (see diagram, Exercise 5, page 129). Exhale and let knees spring on every beat.

Continue to alternate forward and backward circle-and-half arm and body swings...

B. Place to Place

1) Walk



Same as preceding exercise, with this locomotor development:

Start with body and arms in same position as start of preceding exercise. Weight is on left foot with right foot slightly raised ready for forward step...

While executing circle-and-half arm and body swing in forward-upward direction, take three walking steps forward, ending with weight on right foot and left leg raised backward, body erect, arms over head...

Step pattern is irregular (see diagram below).

While executing circle-and-half arm and body swing in backward-downward direction, take three walking steps backward, returning to starting position...

Time pattern is six-beat measure with steps occurring on first, third and fourth beats.

	forward-upward	backward-downward
swing	_____	_____
pulse and measure	— — — — —	— — — — —
steps	right left right	left right left

Repeat sequence several times...

2) Gallop and Hop

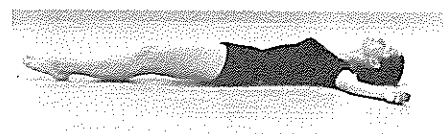
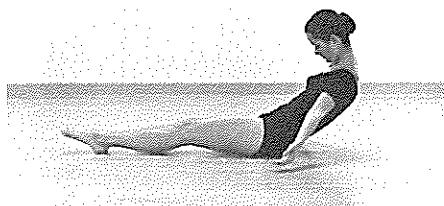
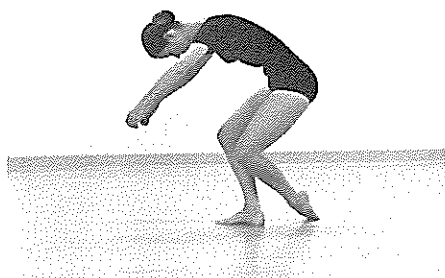


Same as preceding exercise, increasing pace and spring so that three walking steps become gallop and hop...

3) With Fall

Same as preceding exercise, with this development:

After a few repetitions of movement, backward-downward swing with backward gallop may conclude with relaxed backward fall (Exercise 4, page 307)...



ARM AND BODY SWING - SIDEWARD-UPWARD (vertical)

1. Body Swing

Basic standing position (page 20)...

Let head and upper body drop sideward left into relaxed hanging position, as in Sideward Upper Body Relaxation (Exercise 3, page 84)...



Immediately rebound, returning to erect position and dropping sideward right...

Rebound and drop sideward left again...

Continue to swing in this way, first to one side then to other, in inverted pendular motion...

Exhale and let knees spring on every drop.

Keep weight equally on both feet, do not shift it from side to side.

Movement is in sideward vertical plane. Do not distort spatial pattern by twisting body or dropping head forward.

2. With Arms

A. Arm Drop

Same as preceding exercise, adding arms as follows:



Start with arms raised loosely over head...

As upper body drops sideward left, arms relax and drop left so that left arm hangs limply at side while right arm hangs sideward over head...

As body rebounds, returning to erect position, arms swing up over head then drop sideward right with body...

B. Underarm Swing



Same as preceding exercise, with this development:

As arms and body drop sideward left with right arm hanging over head, left arm continues movement by swinging across in front of body...

Rebound and drop to other side as before...

Underarm movement should intensify feeling of sideward vertical plane and swing.

ARM AND BODY SWING - SIDEWARD-DOWNWARD (vertical)

1. Body Swing



Basic standing position (page 20) with entire upper body (trunk, head, arms) dropped sideward from hips and hanging relaxed (as in Sideward Upper Body Relaxation, Exercise 3, page 84)...

Let upper body drop forward-downward into relaxed hanging position (as in Forward Upper Body Relaxation, Exercise 1, page 81)... then, continuing movement, let it roll up into relaxed sideward hanging position to opposite side...

Now let upper body drop forward again and roll back up to starting position...

Relaxed forward drop and roll from one side to the other is one continuous movement.

Continue to swing in this way from side to side in regular pendular motion...

Exhale and let knees spring on every forward drop.

Be sure head drops forward with body then rolls into sideward position above shoulder with face forward (this head movement is described as Semi-Circular Head Relaxation in Exercise 4-A, page 77).

Maintain feeling of sideward vertical plane: avoid twisting body or dropping head forward when in sideward position.

2. Astride, with Weight Shift

Same as preceding exercise, with this difference:

Standing in astride position (page 20), shift weight of body from one foot to the other in direction of swing...



Avoid shifting hips in direction of swing: they should move in opposition to upper body. For example, as body swings left with weight on left foot, hips move right. This is in accord with natural opposition of hips and trunk in upper body relaxations.

Do not let knee of weight-bearing leg turn inward: keep it pointing outward over toes in alignment with foot.

3. With Arms

Same as preceding exercise, adding arm swing to body movement, as follows:

When body hangs sideward, arms are raised sideward in relaxed position with one arm over head and other under it...



Palms are forward to intensify feeling of sideward vertical plane.

Arms drop forward-downward and up to other side with body in same swinging motion...

Review notes on hips and knees in preceding exercise.

4. Circle

Develop preceding exercise into circular swing as follows:

Stand in astride position, weight on left foot, upper body hanging sideward left, arms raised sideward left in relaxed position with one arm over head and other under it, palms forward...

Let arms and body drop forward-downward into relaxed hanging position, weight centered between both feet...

Now let arms and body roll up into relaxed sideward hanging position right, weight on right foot...

Continue circular motion by bringing body into erect standing position with arms raised upward over head, weight centered between both feet...

Complete circle by lowering arms and body sideward-downward to left into starting position with weight left...

Pause in each of these four positions a moment to be sure it is correct.

Now execute complete circle as single swing, repeating it several times...

Major impulse (major beat) occurs as body drops forward-downward at beginning of swing.

Exhale and let knees spring on major beat.

After describing circle several times in one direction, reverse starting position and describe circle in opposite direction...



5. Alternating Circle-and-Half

Develop preceding exercise into alternating circle-and-half pattern as follows:

Stand in astride position, weight on left foot, upper body hanging sideward left, arms raised sideward left in relaxed position with one arm over head and other under it, palms forward...

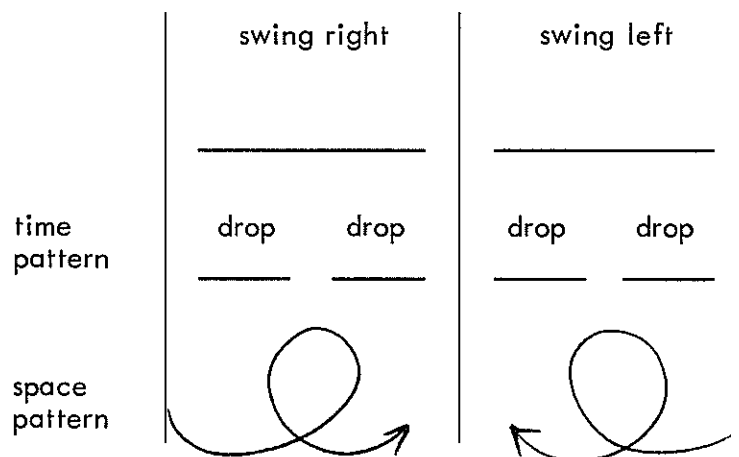
Drop arms and upper body forward-downward and swing sideward right continuing upward then sideward left then downward and finally sideward right again, completing circle-and-half, ending in sideward right position...

Now repeat same movement in opposite direction...

Continue to repeat circle-and-half swing, first in one direction then in other...

Movement is pendular, each circle-and-half representing one continuous swing having two equal beats. Each forward drop of body is felt as beat.

Exhale and let knees spring on every beat.



6. Circle with Half Turn

A. Pivot

Same as preceding exercise, making half turn while swinging arms and body in circle as follows:

Stand in astride position, weight on right foot upper body hanging sideward right, arms raised sideward right in relaxed position with one arm over head and other arm under it, palms forward...

Step left, pivoting on left foot to make forward half turn left, then complete half turn by stepping right, facing opposite direction... while making turn, arms and upper body swing downward to left then upward and downward to right again, completing circle-and-half...

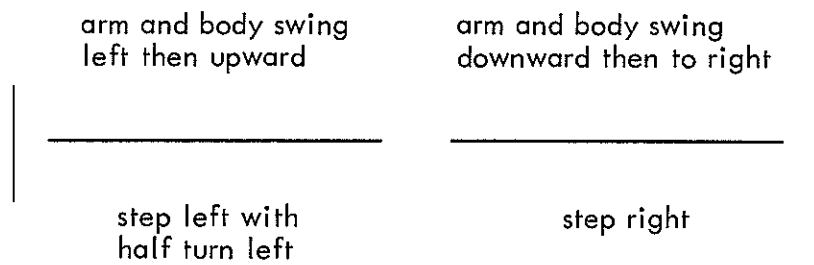


See Turning, pages 279 - 285.

Repeat movement several times, making continuous forward half turns...

Body movement required for this exercise (Circle with Half Turn) is somewhat different from that required for circle on stationary base (Exercise 4, page 162). If student has difficulty doing it, he should omit arm circle at first, merely swinging body from side to side in direction of step while making half turns. Arm swing can then be added to body swing.

Movement has two major beats
of equal duration.



Maintain feeling of sideward
vertical plane.

After mastering movement in one direction, do it in opposite direction,
starting with weight on left foot and pivoting on right foot to make
forward half turn right...

B. With Hop

Same as preceding exercise, with this development:

Instead of pivoting on ball of foot during half turn, hop up into air...

Make circular arm and body movement as big as possible.

Ternary division of major beat is good for this movement, as for most of our swings.



major beat

swing left and up

swing down and right

ternary
division

— — — | — — —

foot pattern

— | —
hop left step right

C. With Fall

Same as preceding exercise, with this conclusion:

After one or more repetitions of circle with half turn and hop, movement sequence may be concluded with sideward fall (see Exercise 3, page 310) occurring on second of two major beats and flowing out of circular swing...



3. Half Turns Place to Place

A. Preparatory Exercise

Basic standing position (page 20)...

"Wind up" by twisting to left and wrapping arms around body, as in preceding exercise... hold position: body twisted, arms wrapped around but not touching...

Now "unwind" by giving body vigorous twist in opposite direction (right) with arms swinging wide while feet and entire body follow in continuous free turning movement...

Continue to turn until impulse has spent itself and movement "dies down"...

Turn may be in place, or
from place to place.

Repeat movement in opposite direction...

B. Basic Half Turn

See Turning, Measurement, page 284.

1) Walking

With feet apart, "wind up" to left, assuming starting position, as in preceding exercise. Weight is on left foot...

Now make two continuous half turns right, progressing along straight path: stepping first on right foot, then on left foot and finally on right foot again. At same time, arms swing wide, maintaining feeling of horizontal swing and ending in wrap-around position right...

The three steps represent three equal beats of four-beat measure. Fourth beat is in place, while arms wrap around body, knees spring, and direction changes.

step right	step left	step right	in place
_____	_____	_____	_____
_____			_____
arm swing			arm-wrap

Now repeat movement (preceding page) in opposite direction, stepping first on left foot, then on right foot, then on left foot again, ending in wrap-around position left...

Movement consists of two half turns, three steps, four beats.

Pace is slow, pulse regular.

Walking step is wide and free, knees springing lightly on every beat including fourth beat which is in place.

Three steps are of equal size, do not shorten second step.

Arms fly wide apart as they swing around body and do not wrap around until direction changes. Do not let arms precede body movement. Basic swing (Exercise 2, page 168) has been extended in time and space.

Keep feet close together as they pass through from one step to next.

This is plastic turn (not pivot turn) in which body shapes itself to express feeling of turning. Do not pivot on balls of feet, rather remain on soles.

when turning to right:

step right with knee and foot turned
outward
step left with knee and foot turned
inward
step right with knee and foot turned
outward

when turning left:

step left with knee and foot turned
outward
step right with knee and foot turned
inward
step left with knee and foot turned
outward

Outward and inward turning of foot and knee begins with rotation of thigh.

Continue to alternate two half turns right (three steps, four beats) with two half turns left...

2) Leaping

Same as preceding exercise (Walking) with this difference:

Increase spring in knees until it takes you off ground in leap (see Leaping, page 439)...

Fourth beat is spring in place on one foot.

3) Skipping

Same as preceding exercise (Leaping) with this difference:

Instead of leaping, skip (see Skipping, page 399)...

C. Contracted Measure

Same as Basic Half Turn (Exercise 3-B, page 171) with measure contracted (shortened) to three (instead of four) beats...

There are now two half turns and three steps but only three beats. This means that arm-wrap occurs on third (instead of fourth) beat, requiring more control to stop swing and change direction.

This may be done walking, leaping or skipping...

D. Increasing Pace

Same as preceding exercise, with this development:

Repeat movement continuously, gradually increasing pace and decreasing size of steps until you are turning back and forth in place very rapidly...

E. Increasing Number of Half Turns

Same as Basic Half Turn (Exercise 3-B, page 171) with this difference:

Instead of two half turns (three steps, four beats):

make four half turns (five steps, six beats)...

make six half turns (seven steps, eight beats)...

make eight half turns (nine steps, ten beats)...

As number of half turns in one direction increases, technique of turning becomes more demanding.

This exercise may also be done with Contracted Measure (Exercise 3-C, preceding page) shortening measure by one beat.

F. Continuous Half Turns

Make continuous half turns in one direction...

This may be done walking, leaping or skipping; or alternating leap with walking step.

G. Alternating Measure

Alternate four half turns (five steps) in one direction with two half turns (three steps) in opposite direction...

Alternate six half turns (seven steps) in one direction with four half turns (five steps) in opposite direction...

Alternate two half turns (three steps) in one direction with weight shift (one step) in opposite direction...

This exercise may be done walking, leaping or skipping.

You may allow extra beat for arm-wrap and direction change as in Basic Half Turn (Exercise 3-B, page 171) or you may omit this beat as in Contracted Measure (Exercise 3-C, page 173).

4. Half Turns in Place

A. Basic Turn

Basic standing position...

"Wind up" by twisting to left, wrapping arms around body left and putting weight on left foot which is slightly in back of right foot and turned outward...

Now "unwind" to right, taking three steps (right - left - right) to complete full turn in place, arms swinging wide and ending in wrap-around right, weight on right foot...

You are now "wound up" right... "unwind" to left, taking three steps (left - right - left) to complete full turn in place in opposite direction...

Continue to turn first in one direction then in the other, taking three steps for full turn (two half turns)...

You may allow extra beat for arm-wrap and direction change (as in Exercise 3-B, page 171) or you may omit this beat (as in Exercise 3-C, page 173).

B. Starting with Half Turns from Place to Place

Same as Exercise 3-D, page 173.

C. Foot Positions

Same as Basic Turn (Exercise 4-A, preceding page), emphasizing these foot positions:

Starting position: weight on left foot which is placed behind right foot and at right angle to it...

Step on right foot which is turned out and placed in front of left foot...

Step on left foot which is turned in and placed behind right foot...

Step on right foot which is turned out and placed behind left foot...

Foot that carries weight is on sole, other foot rests on ball.

This completes two half turns (three steps) right.

Now make two half turns left in same way, stepping left (foot turned out) then right (foot turned in) then left (foot turned out)...

Continue to alternate two half turns (three steps) right with two half turns (three steps) left...

You may allow extra beat for arm-wrap and direction change, or you may omit this beat.

5. Horizontal Descents

A. To Knee (foot pivot)

Same as Basic Swing (Exercise 2-B, page 169) with this difference:

Starting position right...

As you swing left, bend both knees until right knee touches ground lightly, then rebound immediately and swing back up to right again...



Continue to swing left and right, touching right knee to ground on every swing to left...

As in Basic Swing, this movement is accomplished by pivoting on balls of feet.

Maintain regular back and forth pendular quality.

Although knees create down-up movement, plane of trunk and arm movement is horizontal. Maintain erect body position while twisting, do not bend forward.

Now repeat movement in opposite direction as follows:

Starting position left...

As you swing right, bend knees until left knee touches ground, rebounding immediately and swinging back up to left...

B. To Sitting Position (knee pivot)

This is development of preceding exercise.

Starting position right...

Swinging to left, bend knees until right knee rests lightly on floor... now, pivoting on right knee, make quarter turn left (see Turning, Measurement, page 284), then sit down on floor...



Left knee is now crossed over right and you are sitting between feet, arms wrapped around body to left.

Return as follows:

Swing right, putting weight on right knee... pivot on right knee, making quarter turn right... step on left foot... pivot (one quarter turn right) on both feet... put weight on right foot, which brings you back to starting position...

Be very accurate in making quarter turn pivot on knee. Do not attempt to sit until this has been completed.

Slow down arm swing to pace of turn. Arms swing wide apart until conclusion of movement when they wrap around body.

This movement should be done very slowly until it can be done accurately and smoothly. Later it may be done with more speed.

Do same movement in opposite direction...

C. Sit-Turn (hip pivot)

This is development of preceding exercise...

Starting position right...

Swing left, descending to sitting position... now, pivoting left on hips and leading with left knee (turned out), make half turn left in sitting position...



Right foot has remained where it was, right knee has turned in.

Arm swing must slow down so that wrap-around arm position is not achieved until end of movement.

Return as follows:

Swinging to right, pivot right on hips (one half turn) and cross left knee over right, returning to sitting position and then to standing position as in preceding exercise...

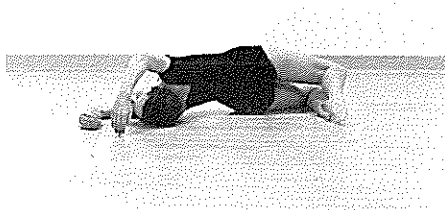
Throughout descent and ascent, arm and body movement maintains horizontal plane.

D. To Lying Position (shoulder pivot)

This is development of preceding exercise .

Starting position right...

Swinging left, descend to sitting position as in preceding exercise and start hip pivot... before completing hip pivot, lay left shoulder on ground as close to left knee as possible with arms on floor over head... now, leaving shoulder and feet where they are, unbend body by pushing hips forward until back is arched, arms and legs backward to create feeling of horizontal arc...



Return as follows:

Pull hips back to sitting position, bending body forward and beginning arm swing right (keep arms and hands on floor as long as possible to maintain continuous curve and horizontal plane)... now pivot on hips to right, cross left leg over right knee and stand up as in preceding exercise...

Repeat same movement in opposite direction...

Arms swing wide apart, except at beginning and end of movement (descent and ascent).

6. Curves, Circles, Figure Eights

Horizontal arm and body swing moves us along a curved path in all the following exercises.

Walking step is smooth and passive in feeling (see Passive Walk, page 385).

A. Curves

1) Forward and Backward

Starting position: basic standing position with trunk twisted left, arms in wrap-around position left, weight on left foot...

Swinging arms horizontally right and starting on right foot, take six walking steps in semi-circular path to right, ending facing opposite direction with weight on left foot...

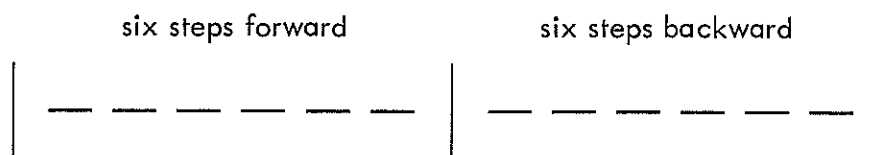


Now, swinging arms horizontally left and starting with right foot, take six walking steps backward along same curved path, ending in starting position...



Starting with inside (right) foot and leaning into curve enables body to mold itself to shape of curve.

Pace is moderate, pulse regular.



Continue to alternate six steps forward and six steps backward on semi-circular path...

Repeat same movement in opposite direction, describing semi-circle to left...

2) Forward with Half Turn

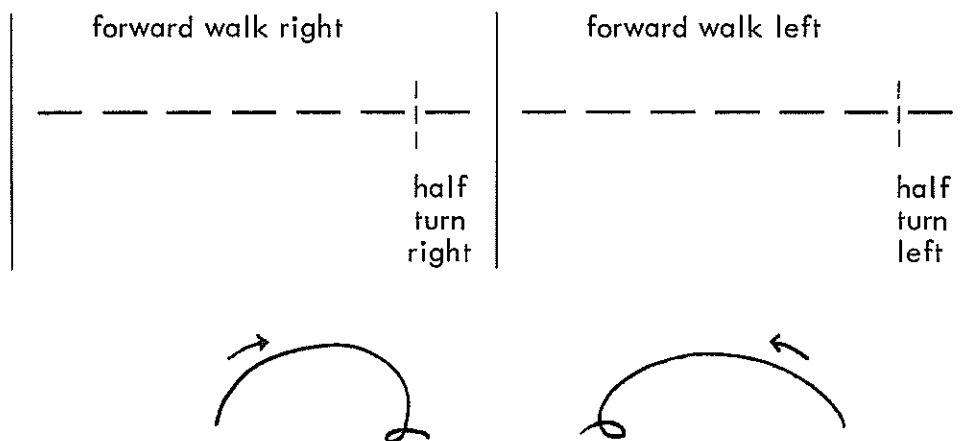
Same starting position as in preceding exercise...

Swinging arms horizontally right and starting with right foot, walk six steps forward in semi-circle to right, as in preceding exercise... add seventh step, on right foot while making forward half turn right in place...

Now, swinging arms horizontally left and starting with left foot, walk six steps forward along same curved path, adding seventh step, on left foot while making half turn left in place, ending in starting position...

Continue to alternate semi-circle right with semi-circle left, walking forward six steps and turning on seventh step...

Movement has regular pulse,
seven-beat measure.



3) Backward with Half Turn

Basic standing position with trunk twisted right, arms wrapped around body right, weight on left foot...

Swinging arms horizontally left and starting on right foot, walk six steps backward in semi-circle to right, adding seventh step, on right foot while making backward half turn left in place...

Now, swinging arms horizontally right and starting on left foot, walk six steps backward along same curved path, adding seventh step while making half turn right in place, ending in starting position...

Continue to alternate semi-circle right with semi-circle left, walking backward six steps and turning on seventh step...



Movement has regular pulse and seven-beat measure, like preceding exercise.

4) Forward and Backward with Full Turn

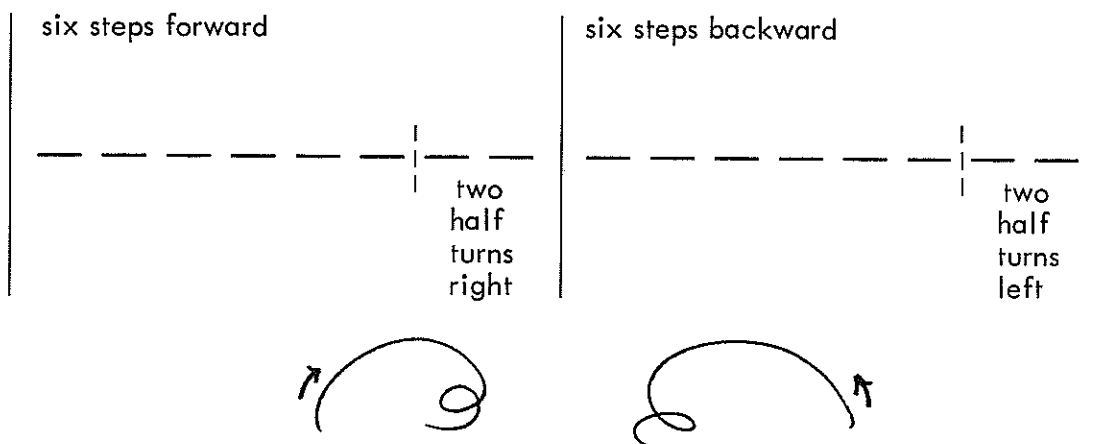
Basic standing position with body twisted left, arms wrapped around body left, weight on left foot...

Swinging arms horizontally right and starting with right foot, walk six steps forward in semi-circle to right... add seventh and eighth steps while making two forward half turns (full turn) in place right, ending with weight on left foot...

Now, swinging arms horizontally left and starting with right foot, walk six steps backward in semi-circle to right, adding seventh and eighth steps while making two backward half turns (full turn) in place left, ending in starting position...

Continue to alternate forward and backward walk on semi-circular path, concluding each semi-circle (six steps) with full turn (two steps)...

Movement has regular pulse, eight-beat measure.



Repeat same movement in opposite direction, starting with forward semi-circle to left...

B. Circles

1) Forward

Basic standing position with weight on left foot...

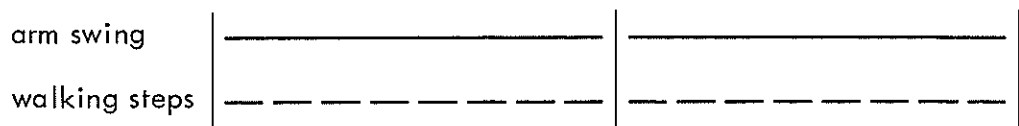
Starting on right foot, walk forward eight steps in circle to right, returning to starting position with weight on left foot...



Again, starting on right foot, repeat circle in eight steps, retracing path exactly...

Continue to repeat same circle continuously, feeling beginning of every circle as new impulse... starting with slight body twist left, arms swing horizontally right at beginning of every circle and return to starting position at end... body leans in toward center of circle, shaping itself to curve...

Time pattern: regular pulse, eight-beat measure.



Repeat same movement in opposite direction, describing circle to left...



2) Backward

Basic standing position with weight on left foot...

Starting on right foot, walk backward eight steps in circle to right, returning to starting position with weight on left foot...



Again, starting on right foot, repeat circle in eight steps, retracing path exactly...

Continue to repeat same circle continuously, feeling beginning of every circle as new impulse (as in preceding exercise), starting with slight body twist right, arms swing horizontally left at beginning of every circle and return to starting position at end... body leans in toward center of circle, shaping itself to curve...

Repeat movement in opposite direction, describing circle to left...



C. Figure Eights

1) Forward

By combining forward circle right with forward circle left (see Exercise 6-B-1, opposite page) we can create figure eight path as follows:

Basic standing position with trunk twisted left, arms wrapped around body left, weight on left foot...

Swinging arms horizontally right and starting on right foot, walk forward seven steps in circle to right, ending with weight on right foot...



Now, swinging arms horizontally left and starting on left foot, walk forward seven steps in circle to left, ending with weight on left foot...



Continue to alternate circle right with circle left in flowing figure eight...



Time pattern: regular pulse,
seven-beat measure.



2) Backward

Same as preceding exercise, walking backward instead of forward, swinging arms as in Backward Circle, Exercise 6-B-2, page 184)...

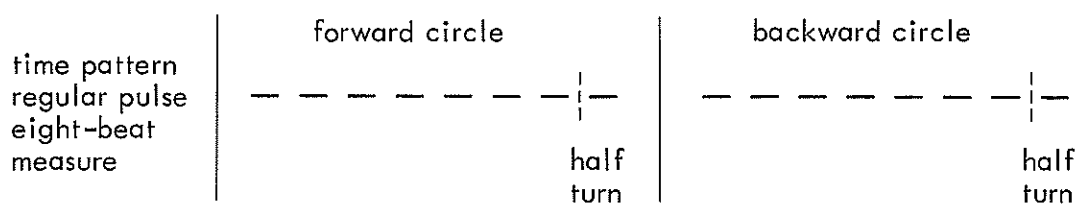
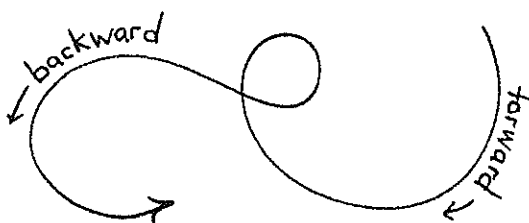
3) Forward and Backward

Combine two preceding exercises as follows:

Walk forward seven steps in circle right... add eighth step to make half turn in place right... walk backward seven steps in circle, continuing figure eight... add eighth step to make half turn in place left...

Repeat figure eight continuously in this way...

space pattern



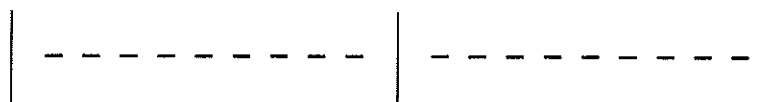
By adding additional steps to make additional half turns in place at end of every circle, forward and backward circles can be combined in various figure eight patterns.

4) Running

Create continuously flowing figure eight while running forward or backward, nine steps for each circle...

Pace is moderate, pulse regular.

Nine-Beat Measure



By adding one or more steps to make one or more half turns in place at end of every circle, forward and backward circles can be combined in various figure eight patterns.

5) With Leap

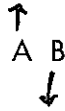
Same as preceding exercise, adding leap at beginning of every circle (see Leaping, page 439) as follows:

When circling right, push off floor on left foot, landing on right... when circling left, push off floor on right foot, landing on left... push off is counted as first beat of nine-beat measure, landing is counted as second beat...

6) In Couples

Figure Eight (as in Exercise 6-C-1, page 185) may be described in couples as follows:

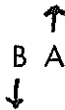
Partners stand side by side, right shoulders toward each other, trunks twisted left, arms wrapped around bodies left, weight on left foot...



Starting with right foot and swinging arms horizontally right, each partner walks forward seven steps in circle to right...



At conclusion of circle, partners have changed places, left shoulders are toward each other, trunks twisted right, arms wrapped around bodies right, weight on right foot...

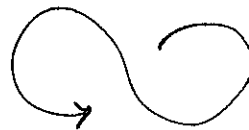


Now, starting on left foot and swinging arms horizontally left, walk forward seven steps in circle to left, ending in starting position...



Continue in this way to describe individual figure eights, covering same path but moving in opposite directions...

A's figure eight



B's figure eight



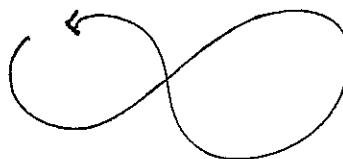
Figure eight in couples may be described running (as in Exercises 6-C-4 and 6-C-5, preceding page).

7) Group

In these exercises, number of steps need not be counted, but regular beat should be maintained. Teacher may provide drum accompaniment.

a) Single Group

A single group, following leader in line, may describe large figure eight, walking or running...



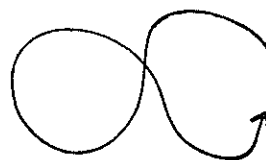
b) Two or More Groups

Two or more groups, each following leader in line, may describe large interlocking figure eights, walking or running...

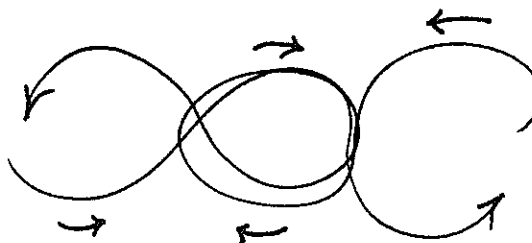
group A's figure eight



group B's figure eight



interlocking figure eights



ARM AND BODY SWING - PARALLEL-ARM FIGURE EIGHT

1. Arm Swing

Basic standing position with arms raised loosely forward a little below shoulder height...

Describe figure eight in front of body by swinging parallel arms downward and sideward in circular motion first to one side then to other...



Each half of figure eight (each circle) begins with relaxed drop of arms. Each drop is felt as a beat. Exhale and let knees spring on every beat.

Complete figure eight has two equal beats.

Repeat figure eight swing continuously, emphasizing relaxed pendular quality...

This swing is in sideward vertical plane.

2. With Body Twist

Same as preceding exercise, with this difference:



As arms swing from side to side in figure eight, twist body back and forth around its own axis in direction of swing: twist left as arms swing left, and right as arms swing right...

Keep weight between both feet.

This swing is not limited to single plane. Body should bend slightly forward, sideward and backward as it twists.

3. With Locomotion

A. Preparation

Same as preceding exercise, with this difference:

Shift weight from one foot to other in direction of swing: shift weight left as you swing left, and right as you swing right...

Knees spring as arms drop.



B. Walking

Same as preceding exercise, with this difference:

Walk forward as you swing, taking one step for each swing...



Be sure to observe natural opposition of arms and legs: step left when swinging left, and right when swinging right.

Arms drop and knees spring as foot receives weight.

Pace is slow. Knee and foot turn out slightly as you step.

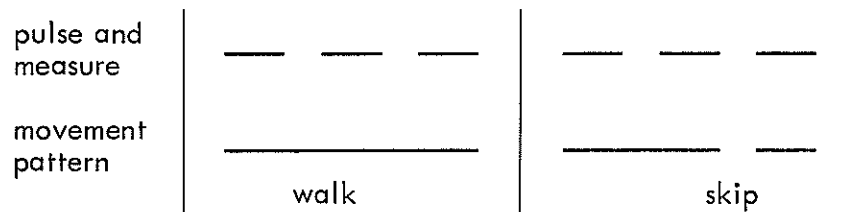
C. Skipping

1) Walking and Skipping

Same as preceding exercise, with this difference:

Alternate one walking step with one skip: take one walking step on left foot as you swing left, and one skip on right foot as you swing right (or the reverse)...

Maintain slow regular pulse, using three-beat skip pattern (see Skipping, Exercise 1, page 402).



2) Continuous Skipping



Same as preceding exercise, with this difference:

Skip continuously, instead of alternating walking and skipping...

D. Backward Locomotion

Exercises 3-B and 3-C (above) may be done in backward direction, but only by experienced students. In backward locomotion, swing right while stepping left, and swing left when stepping right.

ARM AND BODY SWING - CROSS-ARM FIGURE EIGHT

1. Beginning with Head

Basic standing position (page 20)...

Alternately rounding and arching upper spine, let head fall forward and backward in relaxed, regular, pendular swinging motion...



Exhale and let knees spring every time head drops.

Let arms be drawn into movement (preceding page) as follows: as back is rounded and head drops forward, arms cross in front of body in closing movement. As back is arched and head drops backward, arms open backward...

Arms rotate inward when closing and outward when opening.



Gradually develop closing and opening arm movement into figure eight pattern, making figure eights larger and larger until forward closing arm movement has become circle in sideward vertical plane (see Cross-Arm Circle, Exercise 3, page 136) and backward opening arm movement has become circle in backward-forward vertical plane (see Backward Arm Swing Circle, Exercise 4-B, page 127)...

Let arms drop as they close and as they open, creating swinging quality.

Be sure to complete each arm circle, coming to erect position, with arms over head, between drops.

In backward movement, let arching of back be confined to upper spine. Keep knees bent and hips in erect position (see Hip Swing, Exercise 3-A, pages 560 - 561) to avoid arching lower back.

2. Beginning with Arm Circles

Same movement as in preceding exercise, built up in different way, as follows:

Basic standing position with both arms raised loosely over head...

Practice Cross-Arm Circle Swing (Exercise 3, page 136)...

Practice Backward Arm Circle Swing (Exercise 4-B, page 127)...

Alternate one cross-arm circle swing (sideward vertical plane) with one backward arm circle swing (backward-forward vertical plane)...

On cross-arm circle swing, let head drop forward with upper spine rounded...
on backward arm circle swing, let head drop backward with upper spine arched...

Let two circles flow into each other, creating figure eight swing, as in preceding exercise...

3. Beginning with Figure Eight

Same movement as in two preceding exercises, built up in different way, as follows:

Basic standing position with one arm raised sideward in loose position a little below shoulder height...

Describe figure eight with raised arm by moving arm downward-forward-and upward, then downward-backward-and-upward...



Figure eight is lying on its side.

Arm rotates inward on forward swing
and outward on backward swing.

Let figure eight movement (preceding page) have pendular swinging quality...

Exhale and let knees spring on both forward and backward swing.

Gradually make figure eight larger and larger, rounding upper back with head dropping forward on forward swing and arching upper back with head dropping backward on backward swing...



Begin to twist body back and forth around own axis to increase range of movement...

If using right arm, twist body left on forward swing and right on backward swing.

Twist more and more, bending body sideward in direction of twist until you are making swing big as possible...



Figure eight now wraps around body.

Repeat entire progression (preceding two pages) with other arm, beginning with very small figure eight and gradually increasing size until it is large as possible...

Now create same movement with both arms simultaneously. Body does not twist. Rather, upper back rounds with head dropping forward as arms close in forward swing, and upper back arches with head dropping backward as arms open in backward swing, creating same movement developed in two preceding exercises...

4. Walking and Skipping

A. In Place

1) Stepping Backward and Forward

Repeat Cross-Arm Figure Eight Swing continuously, stepping backward on closing arm movement and forward on opening arm movement...

When closing arms, round back and raise forward leg slightly, with knee bent. When opening arms, arch back and raise backward leg, with knee bent.



2) Skipping

Same as preceding exercise, skipping (see Skipping, page 399)...



B. Place to Place

1) Walking

Repeat Cross-Arm Figure Eight Swing continuously while walking slowly forward, taking one step for closing arm movement and one step for opening arm movement...

In locomotor variations of Cross-Arm Figure Eight Swing (walking, skipping) it is not necessary to drop head all the way backward: merely lift chest and raise face upward.

2) Skipping

Same as preceding exercise, skipping instead of walking...

3) Skipping with Half Turns

Same as preceding exercise, with continuous half turns from place to place (see Exercise 3-F, page 174). Beginning with opening arm movement, make one half turn with opening and one half turn with closing arm movement...

LEG SWINGS

OUTLINE OF LEG SWING EXERCISES

BACKWARD-FORWARD	206
1. With Support	206
2. Without Support	207
3. Alternating Legs	208
4. Forward Locomotion	208
A. Walking	208
B. Walk-Hop	209
C. Continuous Hopping	209
5. Backward Locomotion	210
SIDEWARD	211
1. Crossing in Front	211
A. With Support	211
B. Without Support	212
C. Alternating Legs	213
D. With Hop	214
1) One Hop	214
2) Two Hops	214
2. Crossing in Back	215
A. With Support	215
B. Without Support	215
C. Alternating Legs	216
D. With Hop	216
1) One Hop	216
2) Two Hops	216
3. Front and Back	217
A. One Leg	217
B. Alternating Legs	217
4. With Cross-Arm Swing	218

SEMI-CIRCLE 219

1. One Leg 219
 - A. Swing and Step 219
 - B. Continuous Swing 220
2. Alternating Legs 220
 - A. Two-Beat 220
 - B. One-Beat 221
 - C. With Hop 221
 - D. With Locomotion 221
3. Backward 222
4. Forward and Backward 222
 - A. Two-Beat 222
 - B. One-Beat 222
5. With Cross-Arm Circle Swing 223

COMPLETE CIRCLE 224

1. Complete Circle Swing 224
2. With Half Turn 226
3. With Full Turn 226
4. With Locomotion 227
 - A. Forward 227
 - B. Backward 228
5. With Arm Swing 228

FIGURE EIGHT

229

1. Starting with Foot on Floor
2. Combined Circular Swings

229

230

LEG SWING - BACKWARD-FORWARD

1. With Support



Basic standing position beside wall or piece of furniture with one hand on it for support, other arm hanging at side...

Two or more persons may support each other by resting hands on one another's shoulders. Members of a group may stand side by side in line or in circle.

Raise one leg forward, letting lower leg and foot hang relaxed...

Swing leg backward and forward from hip in regular pendular motion...

Pace is slow, pulse regular.

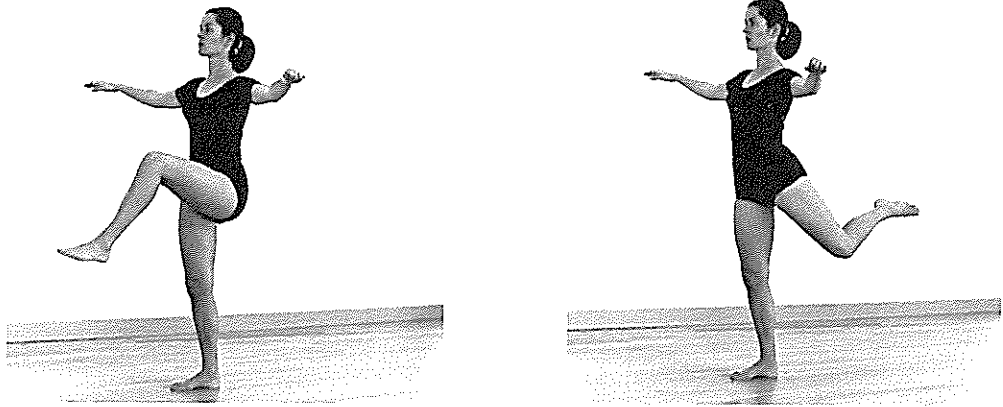
Keep lower leg and foot relaxed.

Feel relaxed drop of leg as it swings through. As in all our swings, gravity should do most of work.

Keep body erect, do not lean forward or backward.

Turn around, using other hand for support, and repeat swing with other leg...

2. Without Support



Same as preceding exercise, without any support. Arms may be raised for better balance (see Raised Arm Position, page 21)...

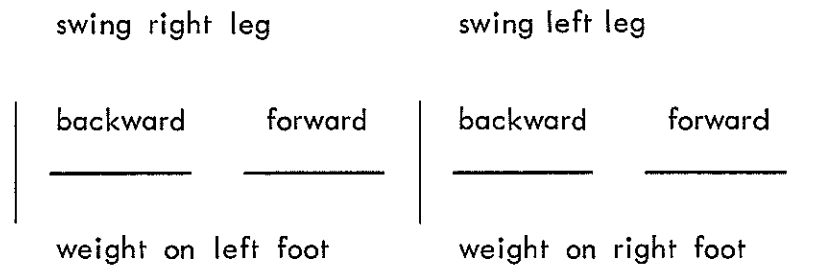
To prepare for this exercise, practice Standing on One Leg (Exercise 3, page 361).

3. Alternating Legs

Same as preceding exercise, with this difference:

Swing first one leg then the other backward and forward, without interrupting regular pulse or changing direction of swing...

Every swing has two beats.
Weight of body is transferred from one foot to other on first beat, as leg swings backward.



Remember that in this exercise and following one (Forward Locomotion) leg swing always starts backward.

4. Forward Locomotion

A. Walking

Same as preceding exercise, with this difference:

Alternately swinging first one leg then the other backward and forward, as in preceding exercise, progress forward with slow walking step...

Take big step. This is possible if you bend knees and let heel of back foot come off ground as you step.

B. Walk-Hop

Same as preceding exercise, with this difference:

On forward leg swing, leave ground in hop...

Ternary beat is good for this movement.

pulse and
measure

walk - hop



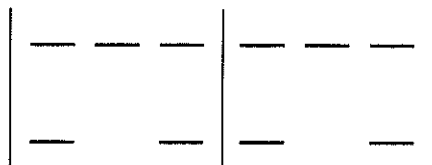
C. Continuous Hopping

Same as preceding exercise, with this difference:

Hop on both forward and backward leg swings...

pulse and
measure

continuous
hopping



5. Backward Locomotion

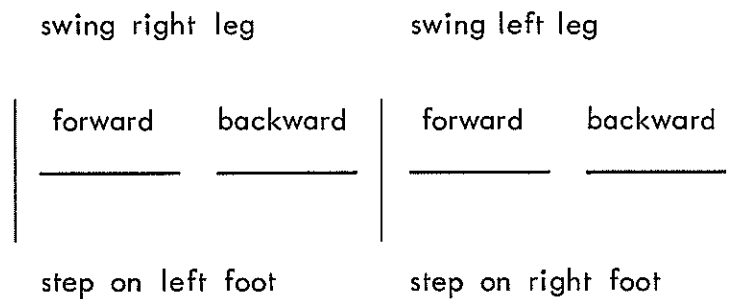
To prepare for this exercise, practice Exercises 1, 2 and 3 (pages 206 - 208) with this change: begin by raising leg backward (instead of forward) and swing leg first forward then backward.

Same as Exercise 4 (preceding two pages), reversing direction, as follows:

Start with one leg raised backward in preparation for forward swing...

Alternately swinging first one leg then the other forward and backward, proceed backward:

Walking...



Hopping on backward leg swing...

Hopping on both backward and forward leg swings...

LEG SWING - SIDEWARD

1. Crossing in Front

A. With Support

Starting position: basic standing position beside wall or piece of furniture with one hand on it for support, other arm hanging at side... outer leg is raised sideward with knee turned out, lower leg and foot hanging relaxed...

Two persons, or a line of persons, standing side by side may support each other by resting hands on one another's shoulders.



Drop leg and swing it across in front of you with knee turned in...

Dropping leg again, swing it out to side into starting position...

Continue to swing leg in this way across in front of body and out to side in regular pendular motion...

Let lower leg and foot hang relaxed entire time. Upper leg does the work.

Do not twist body, keep it facing forward. Be especially careful not to twist hips. This leg swing is in sideward vertical plane.

Repeat swing with other leg...

If standing beside wall or piece of furniture, turn around and use other hand for support.

B. Without Support

Same as preceding exercise, without support...



Arms may be raised for better balance.

C. Alternating Legs

Same as preceding exercise, alternating legs, as follows:

Astride standing position (page 20) with arms raised...

With weight on left foot, swing right leg across in front of body and out to side... then, with weight on right foot, swing left leg across in front of body and out to side...

Continue to swing legs alternately in this way...

As leg swings out to side, do not let it pull you off balance: step should be controlled.

Movement has regular pulse, two-beat measure.

swing right leg		swing left leg	
_____	_____	_____	_____
across in front	out to side	across in front	out to side
_____		_____	
step left		step right	

D. With Hop

1) One Hop



Same as preceding exercise, with this difference:

As leg swings out to side, let it lift body off ground in hop...

2) Two Hops

Same as preceding exercise, with this difference:



Hop when legs swing across in front as well as when it swings out to side...

2. Crossing in Back

A. With Support

Same as Exercise 1-A (page 211) with this difference:



Swing leg across in back, instead of in front, of body, keeping knee turned out entire time (do not turn it in and out)...

Work to maintain feeling of sideward plane.

B. Without Support

Same as preceding exercise, without support...



C. Alternating Legs

Same as Exercise 1-C (page 213), swinging legs across in back, instead of in front, of body (knees turned out entire time)...

D. With Hop

1) One Hop

Same as preceding exercise, hopping as leg swings out to side...



2) Two Hops

Same as preceding exercise, hopping when leg swings across in back as well as when it swings out to side...



3. Front and Back

A. One Leg

Combine Exercise 1-A (page 211) with Exercise 2-A (page 215), swing one leg alternately across in front and across in back of body...

In same way combine Exercise 1-B (page 212) with Exercise 2-B (page 215)...

B. Alternating Legs

Combine Exercise 1-C (page 213) with Exercise 2-C (opposite page), swing one leg across in front, other leg across in back, of body...

In same way combine Exercise 1-D-1 (page 214) with Exercise 2-D-1 (opposite page); and Exercise 1-D-2 (page 214) with Exercise 2-D-2 (opposite page)...

4. With Cross-Arm Swing

Cross-Arm Swing (Exercise 2-A, page 133) may be added to any of these Sideward Leg Swing Exercises:

Exercise 1-C, page 213...

Exercise 1-D, page 214...

Exercise 2-C, page 216...

Exercise 2-D, page 216...

Exercise 3-B, page 217...



LEG SWING - SEMI-CIRCLE

1. One Leg

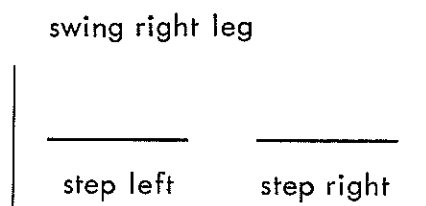
A. Swing and Step

Astride standing position (page 20) with arms raised (page 21)...

Shift weight to left foot, swinging right leg with vigorous impulse across in front of body, continuing up and over to right in semi-circular movement, ending with step on right foot, left foot off ground...

Repeat movement, stepping again on left foot and swinging right leg in semi-circle...

This is two-beat movement.



Movement has pendular quality, characterized by relaxed drop at beginning of impulse.

Knee of swinging leg turns in as leg crosses in front of body then out as leg completes circle.

Let supporting knee bend a little as you step, for feeling of elasticity.

Repeat swing several times with right leg...

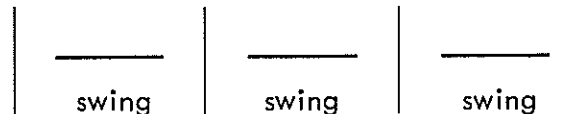
Repeat same movement with left leg...

B. Continuous Swing

Same as preceding exercise, with this difference:

Instead of alternating swing and step (two-beat movement), keep weight on one foot while swinging other leg repeatedly in same semi-circular motion...

This is one-beat movement.



2. Alternating Legs

A. Two-Beat

Astride standing position with arms raised...

Step on left foot, raising right leg sideward with knee turned out and lower leg hanging relaxed (as in Sideward Leg Swing, Exercise 1-B, page 212) in preparation for swing...

With vigorous impulse, swing right leg across in front of body (knee turned in), continuing up and over to right (knee turned out) in semi-circular motion...

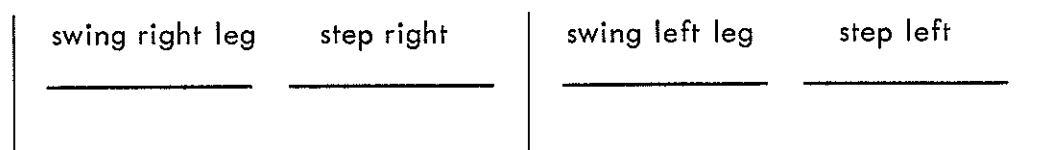
Now step on right foot, raising left leg sideward...

Swing left leg in semi-circular motion across in front of body, continuing up and over to left...

Step on left foot, raising right leg sideward...

Continue to swing first one leg then the other in this semi-circular motion...

Movement has slow pace, regular pulse, two-beat measure.

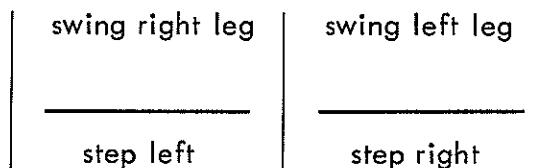


B. One-Beat

Same as preceding exercise, with this difference:

Omit preparatory raising of leg sideward... as you step left, begin immediately semi-circular swing with right leg... as you step right, begin immediately to swing the left leg...

Movement has one-beat measure.



C. With Hop

Semi-circular leg swing may lift you off ground in hop:

In Exercise 1-A (page 219) and Exercise 2-A (opposite page) alternate hop with step, hopping as you swing leg.

In Exercise 2-B (above), hop on every swing.

D. With Locomotion

Same as Exercise 2-B (above) progressing forward, walking or hopping...

3. Backward

In following exercises leg may swing in semi-circular motion across in back, instead of in front, of body. (Knee does not turn in but remains turned out throughout entire movement).

Exercise 1-A, page 219...

Exercise 1-B, page 220...

Exercise 2-A, page 220...

Exercise 2-B, page 221...

4. Forward and Backward

A. Two-Beat

Swing one leg in semi-circular motion in front, and the other leg in semi-circular motion in back, of body in two-beat movement (see Exercise 2-A, page 220)...

B. One-Beat

Swing one leg in semi-circular motion in front, and the other leg in semi-circular motion in back, of body in one-beat movement (see Exercise 2-B, preceding page)...

5. With Cross-Arm Circle Swing

Cross-Arm Circle Swing (Exercise 3, page 136) may be added to any of these exercises:

Exercise 1-A, page 219...

Exercise 1-B, page 220...

Exercise 2-A, page 220...

Exercise 2-B, page 221...

Exercise 2-C, page 221...

Exercise 2-D, page 221...

LEG SWING - COMPLETE CIRCLE

1. Complete Circle Swing

Starting position: basic standing position with arms raised... step with right foot diagonally forward left, crossing over in front of left foot and putting weight on right foot, left foot off ground (both knees and feet turned out)...

Circle Front-to-Back: step diagonally back on left foot, swinging right leg in circle from front to back (starting left, continuing forward-upward, then to right, and finally backward-downward)... at conclusion of swing, step diagonally backward on right foot crossed over in back of left (left foot off ground)...

Right leg rotates inward at beginning, then outward during rest of swing.

Circle Back-to-Front: swing same leg (right) in circle in reverse direction as follows: step diagonally forward on left foot which is crossed over in front of right, at same time swinging right leg in circle from back to front (starting left, continuing backward-upward, then to right, and finally forward-downward)... at conclusion of swing, step diagonally forward to left with right foot, into starting position...

Swinging leg is rotated outward throughout this swing.

Continue to swing right leg in circle first from front to back, then from back to front...

Describe as complete a circle as possible.

Every swing, followed by step,
is two-beat movement.

swing right leg front to back	step back on right foot	swing right leg back to front	step forward on right foot
_____	_____	_____	_____
step back on left foot		step forward on left foot	

Let knee of supporting leg
spring elastically as you step
on it.

After practicing swing several times with right leg, practice same movement
with left leg...

2. With Half Turn

Same as preceding exercise, with this difference:

While swinging right leg in circle from front to back, make half turn in place right, ending facing opposite direction (see Turning, Measurement, page 284)...

While swinging same leg in circle from back to front, make half turn in place left, returning to starting position...

Turn may be made by pivoting on ball of left foot, or by leaving ground in hop.

After practicing swing with right leg several times, practice same movement with left leg...

3. With Full Turn

Same as preceding exercise, with this difference:

Make full turn, instead of half turn (see Turning, Measurement, page 284)...

4. With Locomotion

A. Forward

Same as Exercise 1 (page 224) with this difference:

Swinging first one leg, then the other, in circle from back to front, progress forward, with walking step, or hopping...

This may be done as three-beat, two-beat, or one-beat movement.

Three-Beat Movement

swing left leg			swing right leg		
<hr/>			<hr/>		
step forward right	step forward left	step back right	step forward left	step forward right	step back left

Two-Beat Movement

swing left leg		swing right leg	
<hr/>		<hr/>	
weight on right foot	step for- ward left	weight on left foot	step for- ward right

One-Beat Movement

swing left leg	swing right leg
<hr/>	<hr/>
step forward right	step forward left

B. Backward

Same as preceding exercise, with this difference:

Swinging first one leg, then the other, in circle from front to back, progress backward, walking or hopping...

5. With Arm Swing

Arm swing may be added to circle leg swing as follows:

Start with arms raised in raised position (page 21)...

Following circular movement of leg from front to back, arms cross in front (as in Cross-Arm Circle Swing, Exercise 3, page 136) then open again into starting position...

As leg swings from back to front, arms swing across in back then, following circular movement of leg, return to starting position...

LEG SWING - FIGURE EIGHT

1. Starting with Foot on Floor

Basic standing position, arms raised...

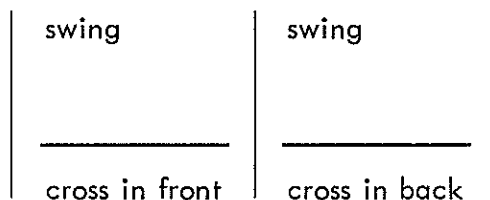
With weight on left foot, describe figure eight on floor with right foot as follows:

Start diagonally forward to left (crossing over in front of left foot) then move forward and to right, then diagonally backward to left (crossing over in back of left foot) then to right and, finally, diagonally forward to left again...



Repeat this figure eight continuously, at slow pace, keeping leg relaxed and developing swinging quality...

Figure eight has two swings (two beats).



Rotate swinging leg inward as you cross in front, rotate it outward as you cross in back.

Swing leg more and more freely from hip (keep lower leg and foot relaxed), lifting it off floor and describing figure eight in air...

Maintain relaxed drop as leg swings across in front and across in back. Knees spring on every drop.

Standing on right foot, repeat same figure eight swing with left leg...

2. Combined Circular Swings

Same figure eight swing as in preceding exercise can be approached in another way by combining forward and backward circular leg swings (Exercise 1, page 224) as follows:

Basic standing position, arms raised...

With weight on left foot, swing right leg first in forward circle then in backward circle, letting two circles flow together in continuous figure eight...

Circles are smaller when combined in figure eight than when practiced separately.

Develop relaxed, easy, flowing, pendular quality.

Repeat same movement with other leg...

LEG AND ARM OPPOSITION SWINGS

OUTLINE OF LEG AND ARM OPPOSITION SWINGS

BACKWARD-FORWARD	234
1. With Support	234
2. Without Support	235
A. Standing	235
B. Hopping	235
3. With Locomotion	236
A. Walking	236
B. Hopping	237
 SIDEWARD	 238
1. Crossing in Front	238
A. Standing	238
B. Hopping	239
2. Crossing in Back	240
A. Standing	240
B. Hopping	241

LEG AND ARM OPPOSITION SWING - BACKWARD-FORWARD

1. With Support

Basic standing position beside wall or piece of furniture with one hand on it for support... outer leg raised forward and outer arm raised backward in preparation for swing... lower leg and lower arm hanging relaxed...

Two people may stand side by side with hand on each other's shoulders.



Swing leg backward and forward, as in Backward-Forward Leg Swing (Exercise 1, page 206), at same time swinging arm, as in Backward-Forward Arm Swing (Exercise 3, page 126) in opposition to leg: as leg swings backward, arm swings forward and, as leg swings forward, arm swings backward...

Turn around, using other hand for support, and practice same movement with other leg and arm...

2. Without Support

A. Standing

Same as preceding exercise, without support, swinging both arms in opposition to leg: as right leg swings backward, right arm swings forward while left arm swings backward, etc....



B. Hopping

Same as preceding exercise letting every swing lift you off ground in hop...



3. With Locomotion

A. Walking

This exercise can help overcome deficiencies of feeling for natural arm-leg coordination in walking.

Starting position: weight on left foot, right leg and left arm raised forward, right arm raised backward...

Take step forward onto right foot, raising left leg backward in preparation for forward swing...

Swing left leg forward, at same time swinging arms in opposition to leg (left arm backward, right arm forward)...

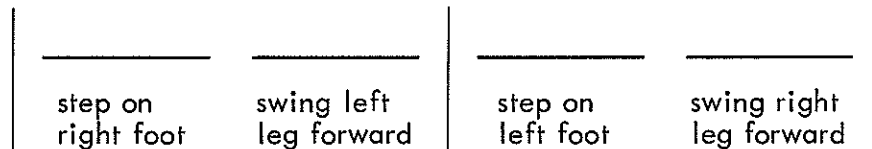
Step forward onto left foot, raising right leg backward...

Swing right leg forward, swinging arms in opposition...

Step forward onto right foot...

Continue to alternate forward step with forward leg swing in this way, progressing forward...

This is two-beat movement.



This movement is same as Backward-Forward Leg Swing, (Exercise 4-A, page 208) with arm swing added.

Reverse direction of movement by starting with leg raised backward and proceeding backward...

B. Hopping

Same as preceding exercise, hopping instead of walking.

You may alternate hop with walking step, hopping only on forward leg swing, or you may hop on both forward and backward leg swing.

LEG AND ARM OPPOSITION SWING - SIDEWARD

1. Crossing in Front

A. Standing



Standing on one leg, raise other leg sideward with knee turned out in preparation for sideward leg swing; both arms raised sideward in opposite direction (if leg is raised right, arms are raised left)...

Swing leg continuously across in front of body and out to side, as in Sideward Leg Swing (Exercise 1-B, page 212); at same time swing arms from side to side, as in Sideward Arm Swing (Exercise 1-A, page 130) in opposition to leg...

B. Hopping



Same as preceding exercise, hopping on every swing...

2. Crossing in Back

A. Standing

Standing on one leg, raise other leg sideward with knee turned out in preparation for sideward leg swing; both arms raised sideward in same direction as raised leg (if leg is raised right, arms are also raised right)...

Swing leg continuously across in back of body and out to side, as in Sideward Leg Swing (Exercise 2-B, page 215); at same time swinging arms from side to side, as in Sideward Arm Swing (Exercise 1-A, page 130) in opposition to leg...

Although arms swing in same direction as leg, they are in opposition to it because of backward crossing.



B. Hopping



Same as preceding exercise, hopping on every swing...

