

HIPS



## HIPS

Because hips are the foundation of the spine and the joining point of legs and trunk, we must do all we can to develop a fine feeling for hip movement.

Inhibition sometimes tends to prevent free movement of the hips. The following exercises can help break down inhibition and develop feeling for hip movement.

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## TWIST

See Twisting, Exercises 1 and 2, page 277.

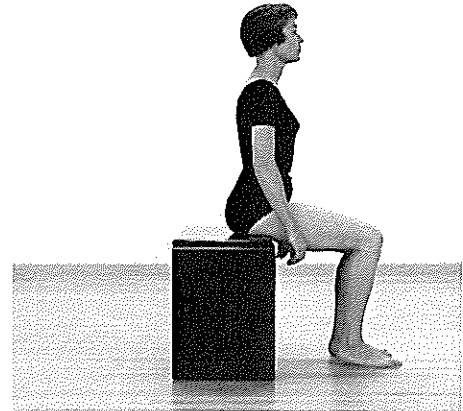
## SWINGS

### 1. Sitting

Sit well forward on chair (or stool or step) in basic sitting position, arms hanging at sides...

Curling lower spine under, contract abdominal muscles and swing hips up and under into what we call forward position...

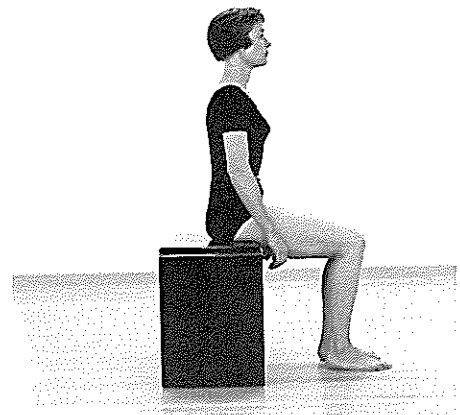
Now arch lower spine and swing hips backward...



Movement terminology used for purpose of developing movement feeling may differ from strictly anatomical terminology. In this exercise we use word "forward" to designate position which anatomists refer to as "backward". Anatomists' use of "forward" and "backward" refers to direction of movement of upper rim of pelvis. Our use of these same terms refers to feeling in the particular muscles which are used to create the movement. When back muscles are active, we feel movement as backward. When front muscles are active, we feel movement as forward.

Repeat these two movements in alternation...

After you have developed feeling for forward and backward positions, add third position: middle. This is achieved by straightening lower back and making hips erect...



Do these three movements in slow, smooth alternation:

hips forward...

hips backward...

hips erect (middle position)...

Feeling for erect position follows backward position more easily than it follows forward position.

Erect position of hips is important element in basic sitting or standing position.

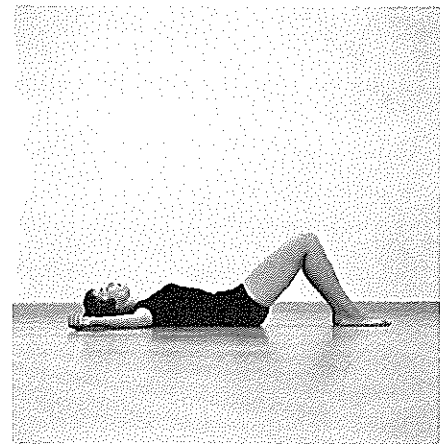
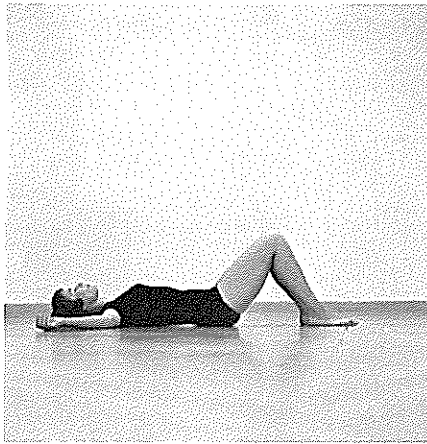
## 2. Lying

### A. Knees Bent

Lie on back with knees bent, soles of feet on floor, upper body relaxed, arms wide with palms up, eyes closed...

Press lower back down to floor, curling lower spine under, contracting abdominal muscles and swinging hips up and under...

This position of hips, when done in sitting or standing position is called "forward" (see Exercise 1, page 556).



Relax and return to starting position...

Repeat movement several times...

There is normally a hollow in lower back. This exercise is not intended to eliminate this hollow but merely to develop movement awareness in this part of body.

### B. With Leg Slide

Same lying position as preceding exercise...

Press lower back down to floor and swing hips up and under as in preceding exercise...

Hold position, keeping back on floor while making sure that upper body is relaxed and that you do not hold breath...

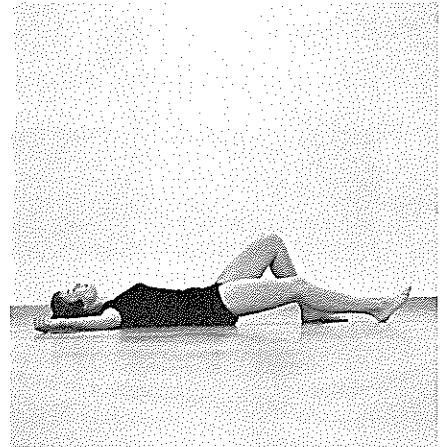
Continuing to breathe naturally in and out is important part of this exercise.

Keeping back on floor and maintaining tucked-under hip position, slide one foot out along floor, then other one, until both legs rest on floor...

Hips and lower back have not changed position. Upper body remains relaxed. Do not hold breath.

Relax, letting hips and lower back return to usual position...

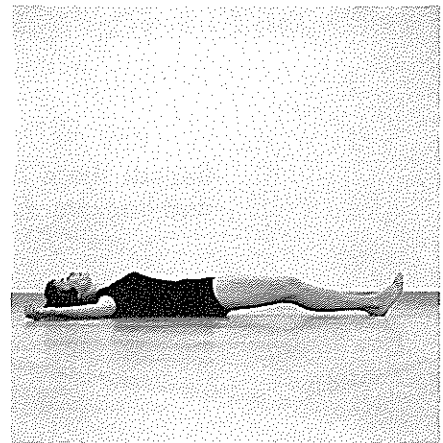
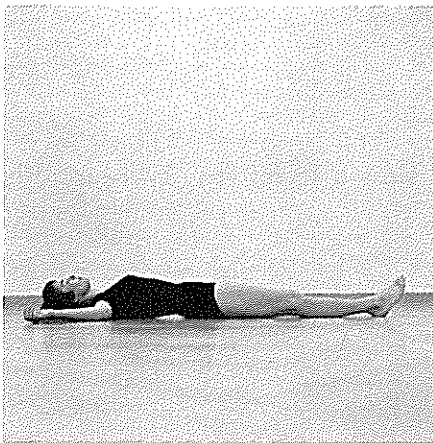
Repeat movement several times...



### C. Legs on Floor

Lie relaxed on back, as in Complete Relaxation, page 64...

Same hip movement as in Exercise 2-A (opposite page)...



### 3. Standing

#### A. Forward-Backward



This movement is same as Hip Swing, Sitting (pages 556 - 557) which should be practiced first.

Basic standing position, with arms hanging at sides or hands at waist...

Curling lower spine under, contract abdominal muscles and swing hips into forward position...



Now relax abdominal muscles, arch lower back and swing hips backward...

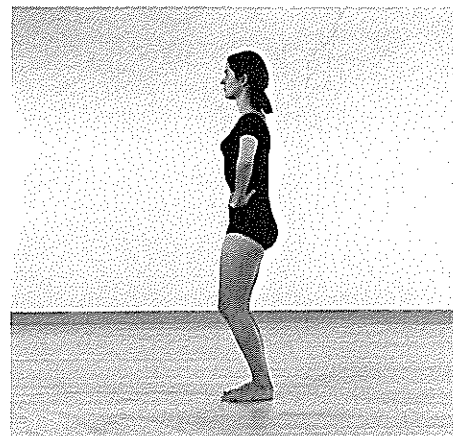
Repeat these two movements in slow alternation, swinging hips forward and backward...

Avoid moving rest of body; keep back erect, knees slightly bent, weight forward on balls of feet.

After you have developed feeling for forward and backward positions, add third position: middle...

This is achieved by straightening lower back and making hips erect. In forward position front muscles are contracted, in backward position back muscles are contracted, in middle position both front and back muscles are slightly contracted.

Erect position of hips is important element in basic sitting or standing position.



Repeat three positions several times in this order: forward, backward, middle...

## B. Sideward

Basic standing position, with arms hanging at sides or in any other position...

Without moving rest of body and without bending knees or shifting weight, swing hips from side to side...

Hips should be in middle position (see preceding exercise, not forward or backward).



### C. Horizontal Circle

Combine exercise 3-A and 3-B (preceding two pages), moving hips in circle, as follows:

Starting in backward position, move hips slowly and smoothly sideward, then forward, then to other side, then backward again...

At first, movement should have four parts: sideward, forward, sideward, backward. Later it should become one single movement: smooth circle, swinging from back to front by way of side.

Reverse direction of circle, swinging from back to front by way of other side...

Throughout exercise pay special attention to forward hip movement. Be sure abdominal muscles are contracted and lower spine curled under each time you come into forward position.

#### D. Figure Eight

Basic standing position, with arms in raised position...

Swing hips in horizontal figure eight as follows:

Starting in backward position, move hips in semi-circle to right side and forward, then return to backward position and make same semi-circle to left...

Continue to alternate right and left semi-circular swing in flowing figure eight...

As hips move from backward to forward position, at beginning of each semi-circle, slight twist in direction of movement will increase smoothness and continuity (see Hip Twist, Exercise 1, page 277).

This movement should be strictly limited to hips at first but, after some practice, it may be done more freely, as follows:

Stand with feet apart...

As hips swing from side to side, shift weight from one foot to other in direction of swing...



## VERTICAL CIRCLES

### 1. In Place

#### A. Forward

Basic standing position...

Move hips in vertical circle, as follows:

- step 1 move hips into backward position...
- step 2 bend knees in little knee bend (see Exercise 1-A, page 98)...
- step 3 move hips into forward position...
- step 4 unbend knees...

Repeat circular movement slowly and smoothly several times...

#### B. Backward

Same as preceding exercise, reversing direction of circle, as follows:

- step 1 move hips into forward position...
- step 2 bend knees...
- step 3 move hips into backward position...
- step 4 unbend knees...

Repeat circular movement slowly and smoothly several times...

#### C. Sideward

Basic standing position...

Create vertical circle in sideward plane, as follows:

- step 1 move hips sideward right...
- step 2 bend knees...
- step 3 move hips sideward left...
- step 4 unbend knees...

Repeat circular movement slowly and smoothly several times...

Reverse direction of circle, as follows:

- step 1 move hips sideward left...
- step 2 bend knees...
- step 3 move hips sideward right...
- step 4 unbend knees...

Repeat several times...

## 2. Walking

### A. Forward

Walking forward very slowly, create one forward vertical hip circle with each step (see Exercise 1-A, opposite page)...

### B. Backward

Walking backward very slowly, create one backward vertical hip circle with each step (see Exercise 1-B, opposite page)...

### C. Sideward

Walking very slowly sideward right in side step (see Exercise 3-B, page 380), create sideward vertical hip circle, as follows:

Step sideward right bending knees and moving hips from sideward left to sideward right... now, unbending knees and moving hips from sideward right to sideward left, bring left foot up to right and step on it...

Continue to move sideward right in this way...

Reverse direction, moving sideward left...

## LIFT



### 1. Lying

Lie on back, relaxed as in Complete Relaxation, (page 64)...

Keeping rest of body relaxed, pull one hip up toward body, shortening leg in telescope-like movement...

Relax, then pull other hip up in same way...

Continue this hip movement from side to side...

Legs are relaxed throughout exercise.

### 2. Standing



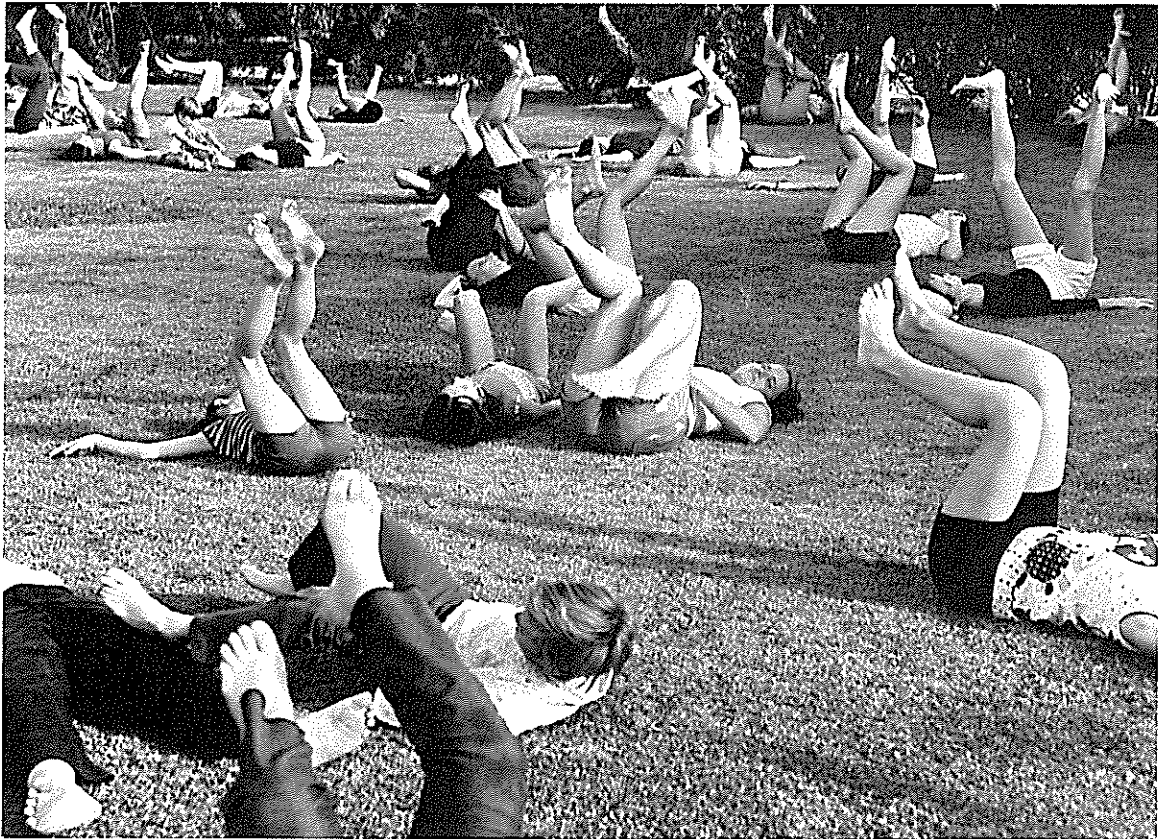
Relaxed standing position...

Same hip movement as in preceding exercise, letting leg hang relaxed from hip which is pulled up, while weight is carried by other foot...

## TWIST

See Twisting, Exercises 1 and 2, page 277.

LEGS



## LEGS

The more movement feeling we can develop in our legs the more complete and satisfying our movement expression will be.

We depend on legs to keep us upright, to move us from place to place and to get us off the ground.

Like every other part of the body, legs have unique capabilities for creative movement expression.

## OUTLINE OF LEG EXERCISES

### STRETCHING

See Stretching, pages 49 - 55.

### RELAXING

See Relaxing, pages 87 - 90.

### SWINGING

See Swinging, pages 201 - 241.

### SPRINGING

See Springing, pages 93 - 116.

### KNEE BENDING

See Knee Bending, pages 243 - 268.

### ROTATING

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LYING LEG CIRCLE 577

1. Single Leg 577
2. Both Legs 578

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2. Alternating 579

KNEE TURN-OUT 580

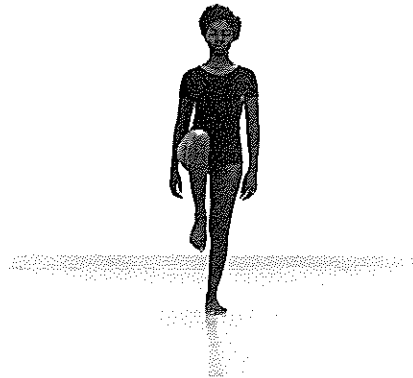
LEG LIFT 581

1. Forward 581
2. Backward 582
  - A. Kneeling 582
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3. Sideward 584
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5. Circular 586
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## KNEE TURN-OUT

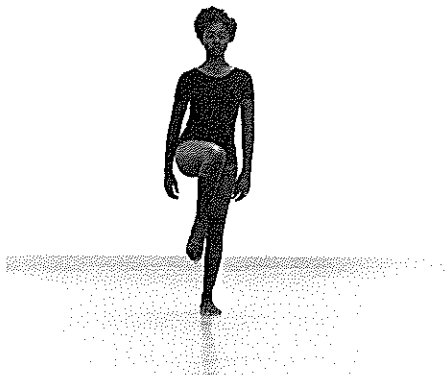
Bending one knee, raise it to hip height, with ankle stretched and toes pointed...

Without twisting hips turn knee out to side as far as possible...



Knee should lead foot, hips tucked under, supporting knee slightly bent.

Now move knee in opposite direction, crossing it over in front of body...



Continue to alternate knee turn-out with cross-over position...

Repeat with other leg...

## LEG LIFT

### 1. Forward

This exercise should be done at first with support: one hand touching wall or piece of furniture.

Basic standing position with one knee bent and raised forward, ankle stretched, toes pointed, arms in raised position...

Stretch leg forward, straightening knee, keeping ankle stretched and toes pointed...



Bend knee again...

Alternately stretch and bend leg, keeping it as high as possible...

Quality of movement is slow and gradual.

Repeat movement with other leg...

## 2. Backward

### A. Kneeling

On hands and knees, weight equally distributed between all fours...

Raise one leg backward as high as possible with knee bent, ankle stretched, toes pointed...

Back is arched in opposition to raised leg.

Alternately stretch and bend knee, keeping leg as high as possible...

Do not twist hips, keep them parallel to floor. Do not rotate leg outward.



At conclusion of movement, assume following position to rest lower back: sitting back on heels, body relaxed forward, head and arms on floor.

Repeat movement with other leg...

B. Standing

This exercise should be done at first facing wall or piece of furniture, with both hands on it.

Basic standing position with bent knee raised backward, ankle stretched, toes pointed, arms in raised position...

Body is erect, back arched in opposition to raised leg.

Alternately stretch and bend knee, keeping leg as high as possible...

Do not twist hips or rotate raised leg outward.



At conclusion of movement, assume following position to rest lower back: knees bent, lower spine curled under, abdominal muscles contracted, hips in forward position (see Hip Swings, Exercise 3-A, pages 560 - 561), relaxed upper body hanging forward.

Repeat movement with other leg...

### 3. Sideward

This exercise, and next one, should be done at first with one hand touching wall or piece of furniture for support.

Basic standing position with bent knee raised sideward, ankle stretched, toes pointed...

Alternately stretch and bend knee, keeping leg as high as possible...



Do not rotate leg outward.

Same movement with other leg...

#### 4. Sideward with Rotation

Basic standing position, with bent knee raised sideward as in preceding exercise...

Rotate raised leg outward, so that knee is on top (same position as in Knee Turn-Out, page 580)...

Keeping leg as high as possible and rotated outward, alternately stretch and bend knee...



Repeat movement with other leg...

## 5. Circular

These exercises should be done at first with one hand on wall or piece of furniture for support.

### A. Front to Back

Basic position with bent knee raised forward (as in Exercise 1, page 581)...

Stretch leg forward then, rotating it outward, carry straight leg side-ward (knee on top), then backward (knee down), then forward again into bent knee starting position, completing circular movement...



Repeat movement several times with one leg, then with other...

B. Back to Front

Same as preceding exercise, reversing direction of circular motion, as follows:

Start with bent knee raised backward...

Stretch leg backward then, rotating it outward, carry straight leg side-ward (knee on top), then forward, then backward again into bent knee starting position...

Repeat movement several times with one leg, then with other...

## STRETCH-BEND

### 1. Low

#### A. Forward



Basic standing position...

Stretch one leg forward with knee straight, ankle stretched, toes pointed, foot just above floor...

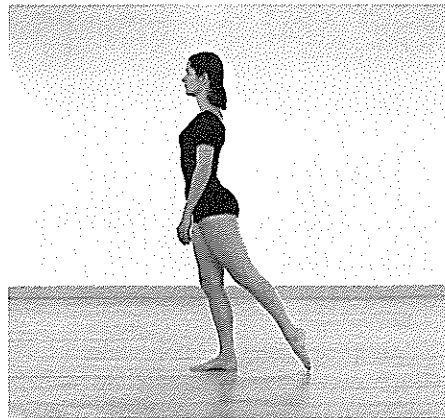
Now, without raising knee, bend it as much as possible, at same time bending ankle and toes back...

Alternately stretch and bend leg and foot...

Movement is controlled, not jerky.

Repeat movement several times with one leg then with other...

B. Backward



Same as preceding exercise, with this difference: leg is stretched backward instead of forward...

C. Sideward



Same as preceding exercise, with this difference: leg is stretched sideward instead of backward...

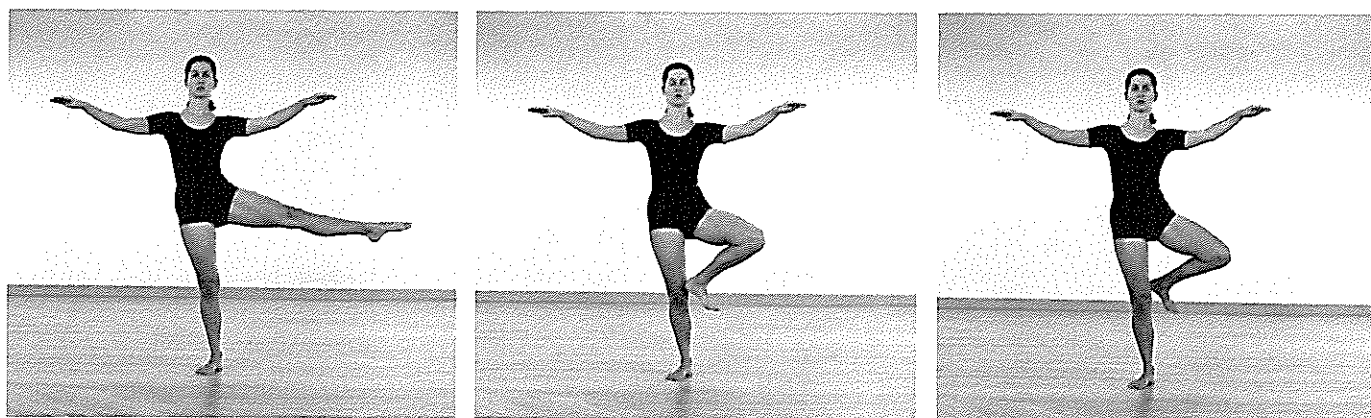
This is pure sideward movement, do not rotate leg outward.

C. Sideward



Same as Exercise 1-C, page 589, with this difference: leg is raised high.

D. Sideward with Rotation



Same as Exercise 1-D, page 590, with this difference: leg is raised high.

## KICK

### 1. Low

#### A. Forward

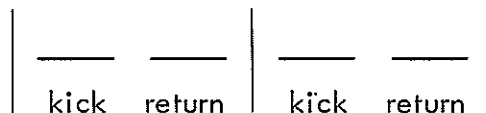
Basic standing position, with arms raised...

Stretching one leg, kick it forward with straight knee, ankle stretched, toes pointed, foot just above floor...

Repeat movement several times with one leg then with other...



This is regular 2-beat movement. Pace is brisk.



#### B. Backward

Same as preceding exercise, with this difference: kick leg backward instead of forward...



Keep body erect. Do not twist hips or rotate leg outward.

### C. Sideward

Same as preceding exercise, with this difference: kick leg sideward instead of backward...

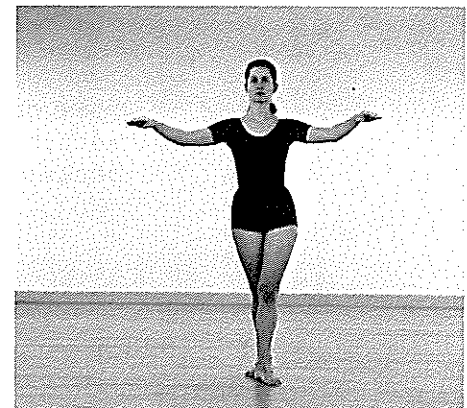
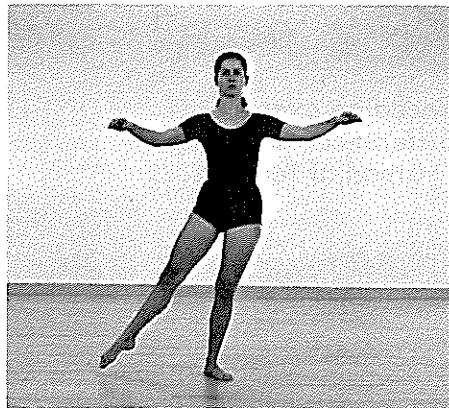
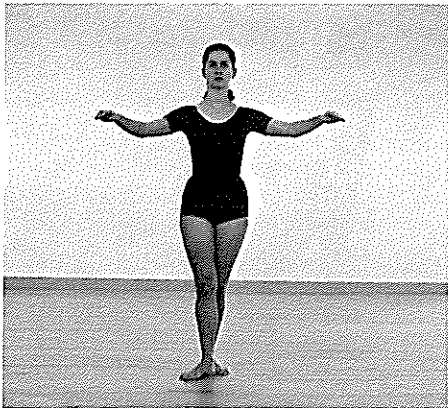


This is pure sideward movement: do not rotate leg outward.

### D. Sideward with Rotation

Stand with knees and feet turned slightly outward, right foot in front of left with right heel beside left big toe...

Rotating right leg outward, kick it sideward as in preceding exercise, returning right foot to position behind left foot with left heel beside right big toe...



Again kick right leg sideward, returning it to starting position...

Continue to kick right leg sideward, returning to position with right foot alternately in front of, and in back of, left foot...

Alternating front and back positions of foot prevents hip twist and assures pure sidewardness of movement.

Repeat movement several times with one leg, then with other...

## 2. High

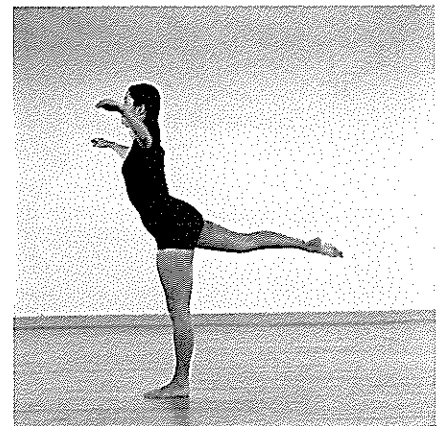
### A. Forward

Same as Exercise 1-A (page 593) with this difference: kick leg as high as you can.



### B. Backward

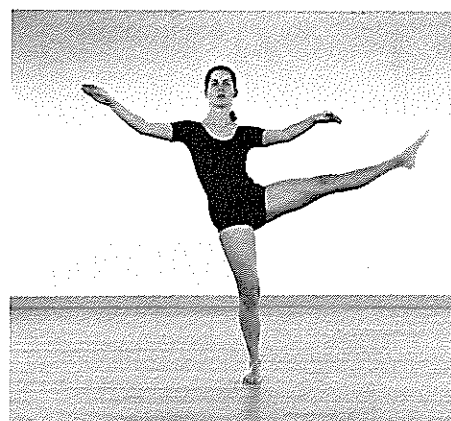
Same as Exercise 1-B (page 593) with this difference: kick leg as high as you can.



### C. Sideward with Rotation

Stand on left foot crossed over in front of right, with right foot raised in preparation for step... legs are rotated outward, knees and feet turned out slightly, arms raised...

Step on right foot, at same time kicking left leg sideward as high as possible... then return to starting position with weight on left foot...



Repeat kick, this time returning with left foot crossed over in back of right foot...

Continue to kick sideward with left leg, alternately stepping across in front, and in back, of right leg...

Alternating front and back positions of step prevents hips from twisting and assures pure sidewardness of movement.

Repeat movement several times with one leg then with other...



## KNEE SPREAD

Astride standing position...

With knees bent (soles of feet on floor), rotate thighs outward, bringing heels forward, until knees are turned out as much as possible...

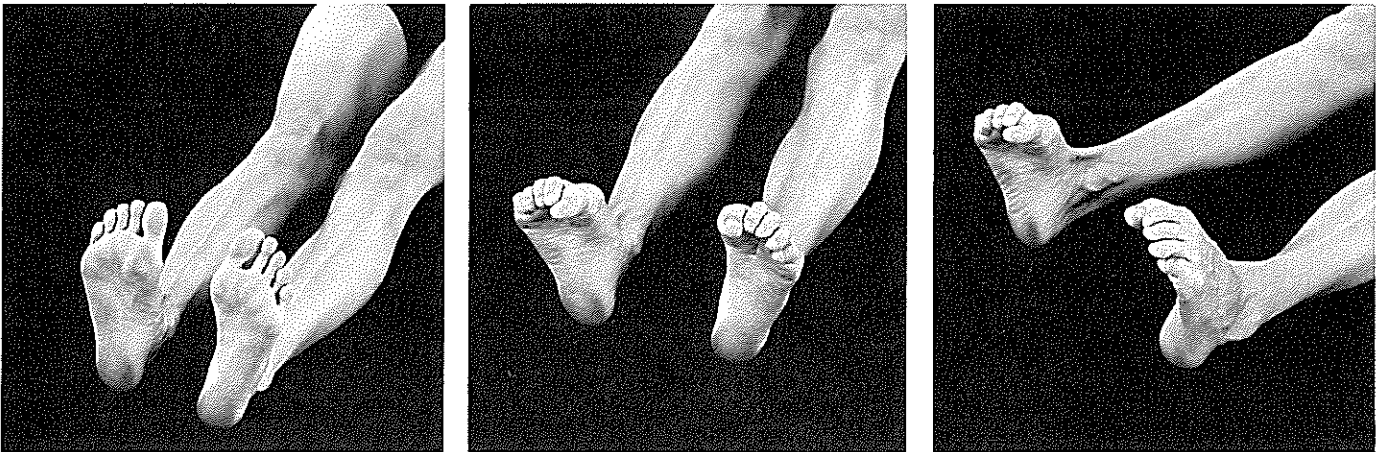
Keep weight on outer borders of feet and arches built up.

FEET

## ARCH-BUILDING POSITION

This exercise is important in building up both longitudinal and transverse arches of feet.

### 1. Sitting



Sit on floor with legs forward in front of you and a little apart, hands on floor behind you, weight of body resting on hands...

Bend ankles back as far as possible...

Keeping ankles bent back, curl toes under (including entire front part of foot)...

Keeping ankles bent back and toes curled under, turn soles of feet toward each other...

Do not let legs roll inward. This is movement for feet only.

Hold position for moment, then relax feet by shaking them (see Foot Relaxation, page 86)...

Repeat movement several times...

At first it is necessary to move into arch-building position through three separate stages:

1. ankles back...
2. toes under...
3. feet facing each other...

Later complete position may be assumed in single movement.

This movement may be done by one foot at a time if one sits in chair with one leg crossed over other or stands with one leg raised slightly forward, knee straight, foot just above floor.

## 2. Standing

Basic standing position...

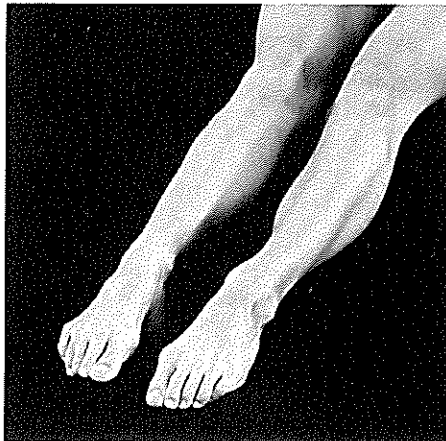
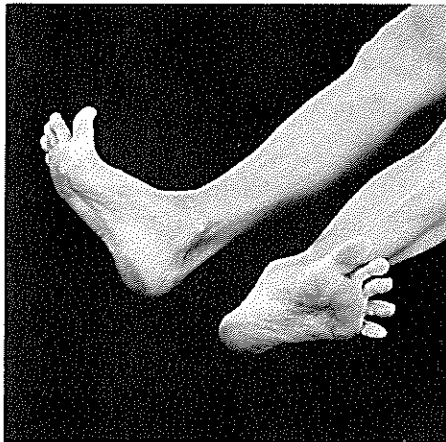
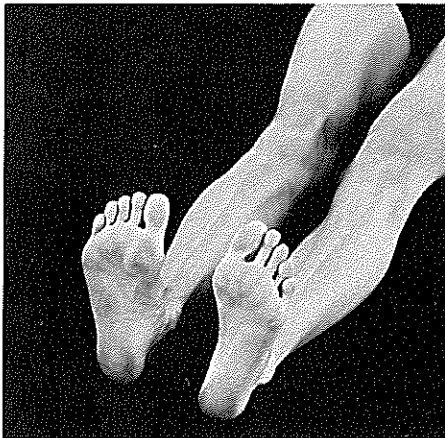
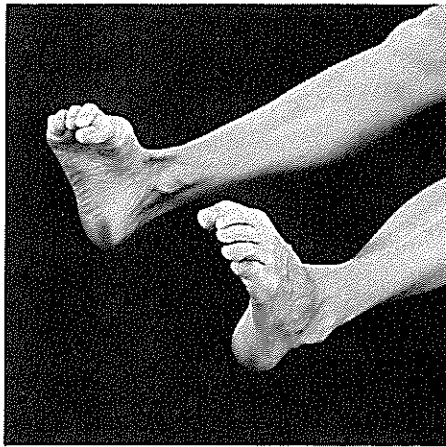
Roll weight onto outside borders of feet and curl toes under... turn toes in ("pigeon-toe")...



Stand this way for moment (knees slightly bent) then relax feet and legs by shaking them...

Walk around with feet in arch-building position...

This can be amusing experience if students are asked to create body movements which express feeling of this foot position.



### 3. Circle

Describe circle as follows:

Start with feet back, toes curled under and feet turned in, as in Arch-Building Position, Exercise 1 (page 610)... bend ankles and toes back, then turn feet out to side in opposition to each other, then stretch feet down with toes pointed and, finally, turn feet in with toes curled under as in starting position...

Repeat this circle several times, beginning and ending in arch-building position...

Make foot circle large as possible, moving slowly and carefully from one position to another and using all muscles of feet.

At first there should be pause in each of four positions, so that complete circle is four-part movement. Later, circle may be single, continuous movement.

Describe circle in opposite direction, as follows:

Starting in arch-building position, stretch feet down with toes pointed, then turn feet out to side in opposition to each other, then bend ankles and toes back and, finally, turn feet in with toes curled under as in starting position...

Repeat this circle several times, beginning and ending in arch-building position...

Relax feet...

## TOE EXERCISES

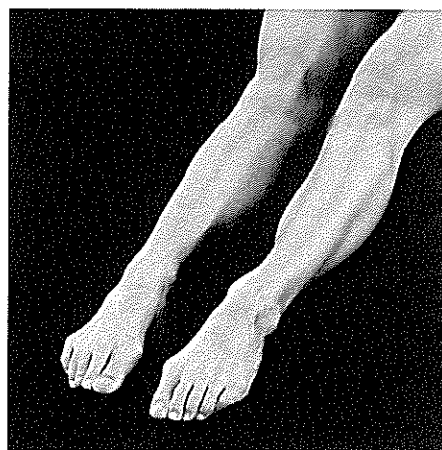
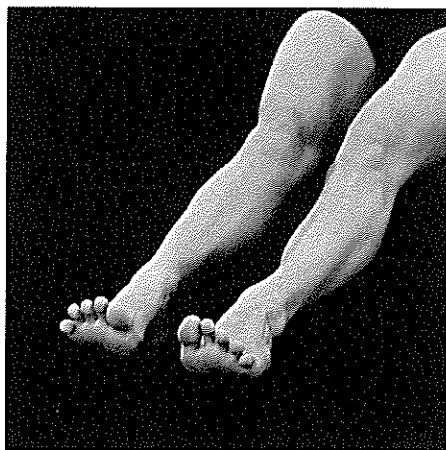
These exercises may be done in any of these positions:

sitting on floor with legs forward in front of you, hands on floor behind you, weight of body resting on hands (both feet)

sitting with one leg crossed over other (one foot)

standing with one leg raised slightly forward, knee straight, foot just above floor (one foot)

### 1. Ankles Stretched



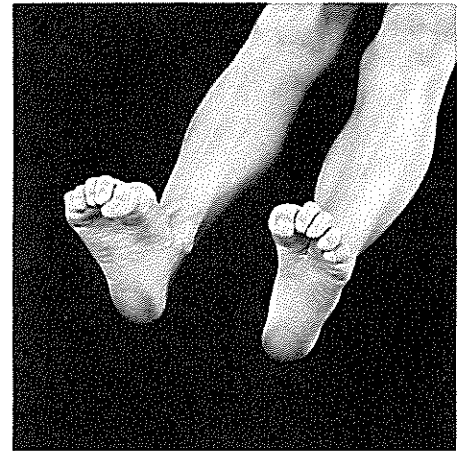
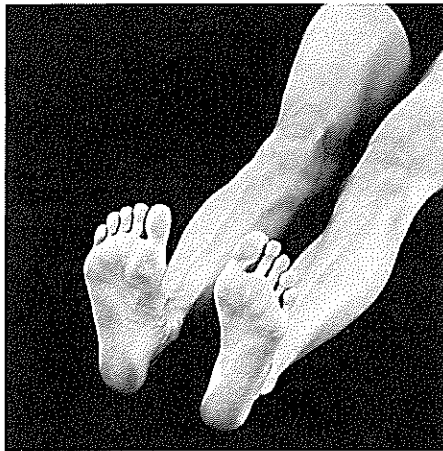
Stretch ankles and keep them stretched while you do these two movements in alternation:

bend toes backward...  
point toes down toward floor...

## 2. Ankles Bent

Bend ankles back and keep them bent while you do these two movements in alternation:

bend toes backward...  
curl toes under...

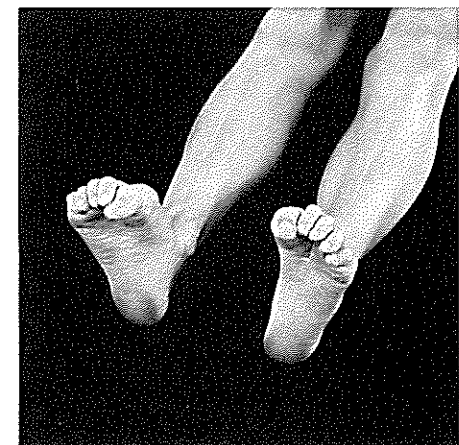
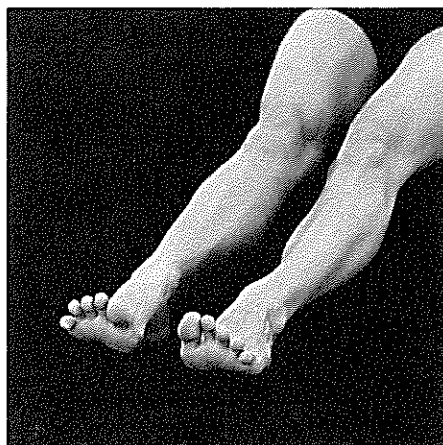


Toe movement involves curling under of entire front arch (transverse or metatarsal arch).

## 3. Ankles Stretch-Bend

Do these two movements in alternation:

stretch ankle, bending toes back...  
bend ankles back, curling toes under...



## FEET IN RELATION TO FLOOR

Next four exercises all begin in basic standing position (page 20).

### 1. Foot Shortening

Shorten feet from front to back by drawing up arches and curling toes under...

Return to starting position...

### 2. Weight In and Out

Roll weight alternately in over inner borders of feet (flattening arches) and out over outer borders of feet (building up arches)...

Find middle position with weight sufficiently on outer borders to build up arches...

### 3. Weight Forward and Backward

Shift weight of body alternately forward over balls of feet and backward over heels...

Find middle position with weight sufficiently forward to assure lightness and flexibility...

### 4. Arch Pull-Up

Pull up arches by contracting muscles on bottom of feet, so that feet do not lie flat on floor...

Healthful position of feet on floor requires that arches be pulled up. Feet should have active, not passive, relationship to floor.

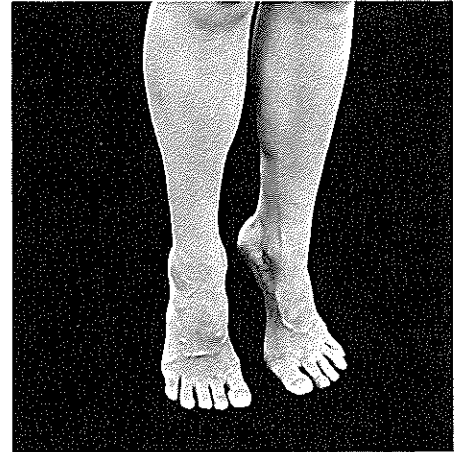
## RISING AND SINKING

### 1. Toe Rise and Toe Stand

Basic standing position...

Take heels off floor, rising slightly on balls of feet... then sink back to position, keeping weight forward on balls of feet: do not shift weight back on heels...

Continue to rise and sink gradually, each time rising a little higher on balls of feet until you are standing as high as possible...



When rising high on balls of feet, weight must be in over big toes but, when sinking, weight shifts to outer borders of feet.

Rise and sink slowly and smoothly, controlling sinking movement by keeping weight forward on balls of feet: do not drop back to heels.

Practice standing high on balls of feet ("on toes")...

Toe Rise and Toe Stand may be practiced at first with one hand on wall or piece of furniture for support.

This movement depends as much on erect, compact body carriage, with firm hip position, as on foot control (see Spine, Exercises 3 and 4, page 485).

2. Toe Walk

See Walking, page 396.

3. Toe Rise with Knee Bend

A. In Place

See Springing, Exercise 2-A, page 100.

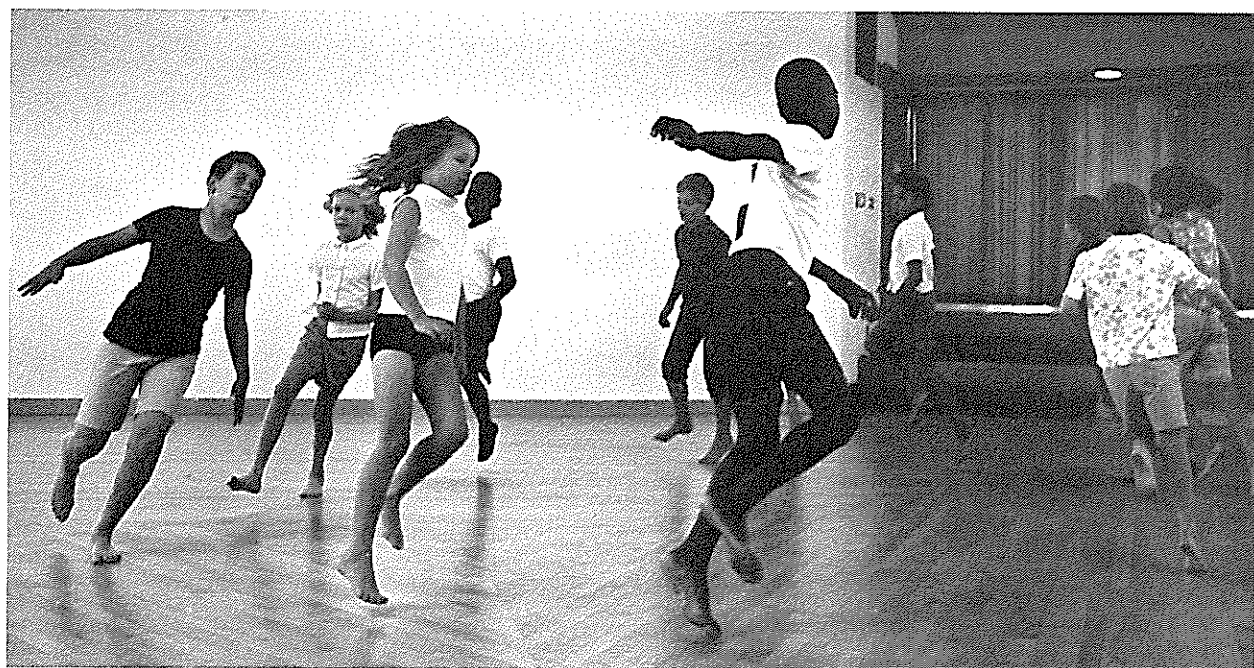
B. Place to Place

See Springing, pages 112 - 116.

RELAXING

See Foot Relaxation, page 86.

EXERCISES FOR CHILDREN



## EXERCISES FOR CHILDREN

If children have ample opportunity for free creative movement experience (see **CHILDREN'S CREATIVE DANCE BOOK** by the same author), they need very few exercises. The younger they are, the more freely they move and the more active is their movement sense, so the less need they have for exercises to develop movement feeling. The following exercises, however, are valuable for children of any age. The verbal instructions must, of course, be adapted to the age and understanding of the child.

## RELAXATION

Even the littlest children may suffer from nervous tension and can be helped by these exercises. For children, the words "tight" and "loose" are better than "tense" and "relaxed".

### COMPLETE RELAXATION

page 64.

### ROLL OVER

page 65.

## FOOT EXERCISES

The constant wearing of shoes weakens foot muscles which, like all muscles of the body, deteriorate with lack of movement. These exercises strengthen muscles and further healthy use of feet.

### ARCH-BUILDING POSITION

pages 610 - 611.

### BASIC FOOT EXERCISES

Exercises 1, 2 and 3, pages 612 - 615.

### FOOT RELAXATION

Exercises 1 and 2, page 86.

### TOE-WALKING

page 396.

## BACK EXERCISES

These exercises provide a balanced strengthening of back muscles, furthering good posture.

### TALL AND SHORT BACK

Exercises 1 and 3, pages 482 and 485.

### CURVED AND STRAIGHT BACK

Exercises 1, 2 and 3, pages 486 - 488.

## SPRINGING

Children have a natural tendency to bounce and spring. This exercise teaches them to use their feet and legs healthfully in relation to the ground.

### LITTLE KNEE SPRING

Exercises 1-A, 1-B and 1-C, pages 98 - 99.

## SKIPPING, GALLOPING

Skipping is one of our most enjoyable basic dance experiences, expressive of sheer exuberance and rhythmic vitality. Very little children cannot skip. For them, galloping provides a similar kind of experience. All of our skipping and galloping exercises can be valuable for children if adapted to their age and level of experience.

The child's natural pace is slightly faster than the adult's. The smaller the child, the faster his pace. However, if the teacher sets the pace, he should be careful not to make it too fast. He should first establish a comfortable pace for himself then increase it only a little for the child.

### SKIPPING

pages 404 - 406.

### GALLOPING

pages 428 - 431.



SAMPLE LESSON FOR ADULTS

## Lying

COMPLETE RELAXATION  
page 64.

LYING BODY STRETCH  
Exercises 1-A and 1-B,  
pages 32 - 34.

LYING UPWARD LEG STRETCH  
page 37.

HIP SWING  
Exercise 1, page 556  
or Exercise 2-A, page 558.

CURLING AND UNCURLING  
Exercise 1, page 492.

## Sitting

SITTING LEG STRETCHES  
Exercise 1, page 49, and  
Exercise 1, page 51.

TALL AND SHORT BACK  
Exercise 1, page 482  
or Exercise 2-A, page 483.

HEAD RELAXATION  
Exercise 1-A, page 72.

SHOULDERS UP-DOWN,  
FORWARD-BACKWARD,  
CIRCLE  
pages 512 - 513.

HANDS: OPEN-CLOSE  
pages 544 - 545.

RELAXATION  
page 78.

FEET: ARCH-BUILDING POSITION  
Exercise 1, page 610.

RELAXATION  
Exercises 1 and 2, page 86.

## Standing

LEG RELAXATION  
Exercise 1, page 87.

ARM RELAXATION  
Exercise 1, page 78.

UPPER BODY RELAXATION  
Exercise 1, page 81.

BASIC STANDING POSITION  
page 20.

LEG ROTATION  
Exercise 1, page 575.

LITTLE KNEE SPRING  
Exercises 1-A, 1-B and 1-C,  
pages 98 - 99.

ARM AND BODY SWING  
Exercises 1 and 2, pages 124 - 125.  
Exercise 1, pages 150 - 151.

LEG SWING  
Exercise 1, page 206.

## Place to Place

WALKING  
Exercises 1, 2 and 3, page 378  
or Exercises 1 and 2, page 379.

SKIPPING  
Exercises 1 and 2, pages 402 - 403.







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