

Instructor Practice: Upper Body Combination 1



Using *Upper body combination 1* from previous practice, write out 4-beat and 2-beat cues to use in time with the music. Make a note of appropriate visual cues to use, then put on some music and practice your cues in the combination.

4-beat cues:

Shoulders up-down

8	7	6	5	4	3	2	1
4-beat cues				lift	shoulders	up	down
Visual cues							

Shoulders front-back

8	7	6	5	4	3	2	1
4-beat cues							
Visual cues							

Arms cross-open

8	7	6	5	4	3	2	1
4-beat cues							
Visual cues							

Arms reach front-pull back

8	7	6	5	4	3	2	1
4-beat cues							
Visual cues							

2-beat cues:

Shoulders up-down

8	7	6	5	4	3	2	1
2-beat cues						shoulders	up
Visual cues							

Shoulders front-back

8	7	6	5	4	3	2	1
2-beat cues							
Visual cues							

Arms cross-open

8	7	6	5	4	3	2	1
2-beat cues							
Visual cues							

Arms reach front-pull back

8	7	6	5	4	3	2	1
2-beat cues							
Visual cues							