

# Anne Cooke-Instructor

## Miracles in Motion Fitness

Key Components to Consider when Instructing:

1. Safety
  2. Comfort
  3. Involvement/Enjoyment
- Leading Groups:
    - Introduce new moves prior to start of class to give participants heads up
    - If groups are used to your instruction, you can use less repetitions per move.
    - Using counts of 8: switching directions. Forwards, backwards and side to side.
    - Switch it up: knees up, toe touch, low kicks, heel digs, toe taps, side to side taps, heels in back, heels in front
  - Marches for connections and transitions: add arm variations to make combinations interesting
  - Be creative: pull ideas from different sports or athletics
  - Music can lend to the movement!
    - YMCA, Charleston, Twist and Shout or create new combinations using them all
      - Note that most participants are not dancers! Encourage new moves regardless!
      - Caution: rapid torso twists are contraindicated, ensure to provide a non twisting version of twisting motions

ARMS:

- Match arms to legs with single step together or change one little thing (side to side taps or knee up in front)

SET UP BASE MOVE:

- Change only the arms: front, above head, to the side...or alternate action of the arms
- Use music as your inspiration:
  - '60's inspired: shake, arm sway, mashed potato, wave, scuba, swim, shimmy shake

TEMPO CHANGES:

1-2-3-4 (5.6.7.8) Can help stretch it out whether you lead faster or slower in tempo changes

BUILD INTENSITY:

- Key: when to pick up/when to slow down.
- It can take more time to make each move bigger or go faster.
- To add power: go BIGGER.
- Using square music, you can make it work with snaps or toe taps. Also can be done seated in a chair.

DRILL:

- Intended for a higher fit group (that is quick)
- Simple, Big, Repetitive
- Add clapping or punching: above head, side to side or out front of body.
- 2 steps, step touch, 2 steps, step touch 1-2-3-4 (5,6,7,8) \* 4 = block
- More complex count of 8, next simple walk = block

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- Simple formula: Drill + Simple Drill

### MARCHES:

- Thinking time!
- If a client has a mini version, this is all good. They will get it!
- Prior to class, show them a new march that is going to be integrated into the class (prior to integrating!).
- 4-4 time is not square.

### BRIDGES/TEMPO CHANGES

- How to navigate: 2 step (1-4), step together (1-2), 2 step (1-4), step together(1-2)
- Use finger snaps, pausing, going low or direction change: diagonal alternates the foot pattern
- Can use step backs or kicks.

### Music:

1. You make me feel so young
2. 5'2" Eyes are Blue
3. Splish-Splash
4. Chicken Shack
5. Wepa
6. Canned Heat
7. What a Feeling