

SHINE LIGHT FUNDAMENTAL MOVES LOWER BODY MODIFICATIONS

LOCOMOTION	1ST OPTION	LEVEL UP	EXAMPLES
Grapevine	step-together-step-tap	grapevine	Blinding Lights
Side Chassé	shuffle: reduce hop/distance	chassé	Unstoppable
Forward Chassé	shuffle: reduce hop/distance	chassé	All of Me
Chaîné	step-together-step-tap	grapevine	My Head & My Heart
Lateral Hop	side step-step together	none	Get Right
Drag Step	step-together-step-tap (emphasize arm)	none	Higher
Box Step	rock step-march	box step	Out Out
Quick Crossing Feet	remove crossing feet	none	Confetti
CALISTHENICS	1ST OPTION	LEVEL UP	EXAMPLES
Jumping Jack	tap 1 leg out at a time	none	Werk Out
Jump Squat	stationary squat	step side-step together	Big Energy
Burpee	3-1 squat pulse-stand	squat-extend arms return arms-stand	Don't I Make It Look Easy
Scissor	march	none	I Feel Good
Flick Jog	small steps/heel pops	none	Blinding Lights
High Knee Single Time	remove hop	none	good 4 u
High Knee Double Time	heel lift	none	Ain't My Fault / Dessert
High Knee with a Twist	twist-tap	none	Antisocial
Front Lunge	step forward w/ reduced knee bend	none	Yummy

WEIGHT TRANSFERS	1ST OPTION	LEVEL UP	EXAMPLES
Single Pivot Turn	rock step-march	none	Fabulous
Double Pivot Turn	forward rock step- backward rock step-forward rock step	none	I Want Love
Bouncing Kicks	lower kick w/o bounce	none	Get Right
Kick Ball Change	tap forward-tap center	kick forward-tap center	Faith
Kick Ball Change Traveling	omit travel tap forward-tap center	omit travel kick forward-tap center	Get Stupid
Pas de Bourrée in a Combo	3 step march	none	Dancing Feet
Pas de Bourrée Continuous	step-tap to the side	none	I Want Love
Criss Cross Knee	match the arms stationary feet-heel lift	match the arms stationary feet-heel lift	Pretty Girls Walk
Pony	step-tap	pony	Don't You Worry
Balancé	step-tap behind	none	good 4 u
Out, Out, In, In	tap side-step together	none	Good Love
Heel Taps	heel lifts OR march in place	heel taps	Bad Guy
Heel Taps w/ an Emphasized Twist	heel lifts	heel taps	Fabulous
Center Squatting Knee Dips	pulsing squat and match upper body	none	Til Ya Legs Hurt
Side Leaning Knee Dips	shift weight to side and tap toes, use arms for support	shift weight to side and tap toes, include arm motion	My Type
Shift Step	feet stationary lean, emphasize arms	tap out emphasize arms	Levitating
Leap	take out jump	none	Boom Boom Pow