

SHINE LIGHT FUNDAMENTAL MOVES UPPER BODY MODIFICATIONS

BENDING OVER	1ST OPTION	MODIFICATION	EXAMPLES
Bending Over in a Circle Motion	keep head at or above hips	none	Only Human / All of Me
Tracing the Leg While Bending Over	keep head at or above hips	none	Trini Dem Girls
Punching Downward w/ Dropped Head	keep head at or above hips	none	Unstoppable
Conductor	keep head at or above hips	none	Unstoppable
Table Top	avoid noise over toes	none	River
ARM MOVEMENT	1ST OPTION	MODIFICATION	EXAMPLES
Arms During Side Leaning Knee Twist	original arms	use arms to support weight shift	My Type
Full Circle Backward Arms w/ Body Roll	original arms	shorten the lever or change plane of motion to shoulder height or below	Confidence
"Slay" Arm	original arms	shorten the lever or change plane of motion to shoulder height or below	Werk Out
Overhead Circle	original arms	complete at chest height	Shut Down
Balance Arms	original arms	shorten the lever or change plane of motion	good 4 u
Multi-Step Overhead Circle	original arms	omit overhead circle	Hey DJ
Overhead Punches	original arms	change plane of motion	Throw It Back
Quick Arms Overhead	original arms	snap at shoulder height	Sexy Dirty Love

ARM MOVEMENT (TONING)	1ST OPTION	MODIFICATION	EXAMPLES
Quick Arms (Toning)	original arms	reduce tempo	In the Ayer
Overhead Arms (Toning)	original arms	change plane of motion	Together
Quick Arms in Combos (Toning)	original arms	omit overhead portion, repeat half the combo	Sit Still Look Pretty
Resting Arm Staying Extended (Toning)	original arms	drop resting arm	Starboy