

# BASICS OF FLAMENCO

## 1. INTRODUCTION TO FLAMENCO

## 2. POSTURE

- PARALLEL FEET
- BALLET THIRD POSITION

## 3. BRACEOS (ARM WORK) – PART I

- SUNSET AND SUNRISE
- SINGLE ARM (SUNSET AND SUNRISE)

## 4. BRACEOS (ARM WORK) – PART II

- INSIDE ARM ROTATION (SWIMMING ARMS)
- WRAPPING ARMS
- VUELTA QUEBRADA (ARM PATTERN)

## 5. FLOREOS (HAND ARTICULATIONS)

- WARM UP
- HAND ARTICULATION TECHNIQUE
- ABANICO (FAN)
- LEADING WITH MIDDLE FINGER
- PRESSING WITH FLAT HAND

## 6. INTERLUDE: IMPRESSIONS

## 7. BRACEOS Y FLOREOS - INTRODUCTION

## 8. BRACEOS Y FLOREOS

- SUNSET (INSIDE ARM ROTATIONS)
- SUNRISE (OUTSIDE ARM ROTATIONS)
- SINGLE ARM (SUNSET AND SUNRISE)
- INSIDE ARM ROTATION(SWIMMING ARMS)
- WRAPPING ARMS
- VUELTA QUEBRADA

## 9. TRABAJO DE PIES (FOOT WORK): INTRODUCTION

## 10. TRABAJO DE PIES - TECHNIQUE

- GOLPE
- TACON
- TACON VARIATION
- PLANTA
- PUNTA

## II. TRABAJO DE PIES - COMBINATIONS

- GOLPE - TACON
- PLANTA – TACON
- PUNTA - TACON

## 12. PALMAS (HAND CLAPPING)

- INTRODUCTION
- SORDAS (MUTED)
- FUERTES – CLARAS (STRONG - CLEAR)

## 13. INTERLUDE: THE POWER OF DANCE

## 14. INTRODUCTION TO MARCAJE (MARKING STEPS)

## 15. MARCAJE – TANGOS – PART ONE

1. WEIGHT SHIFT
2. OUT AND IN

## 16. MARCAJE – TANGOS – PART TWO

3. STEP, STEP, HOLD (KNEE LIFT)
4. BACK STEP
5. STEP, TOGETHER, STEP, TOUCH

## 17. MARCAJE – SOLEÁ

1. SOLEÁ MARCAJE
2. SOLEÁ TRAVELING PATTERN
3. SOLEÁ TRAVELING WITH ACCENTS

## 18. VUELTAS (TURNS) – PART ONE

- SINGLE LEG TURN
- FRONT CROSS TURN

## 19. VUELTAS (TURNS) – PART TWO

- VUELTA QUEBRADA
- BACK CROSS TURN

## 20. EPILOGUE: FUSION