

WHITE GARTER- POLE LEVEL 1 CERTIFICATION

You will be expected to understand the terminology as well as demonstrate and perform Level 1 moves with little to no guidance from the instructor. You will be assessed on the technical aspect of the individual moves plus how polished your performance is. So put on your sexy faces, and point your toes! ☺

The instructor is going to be strict when assessing your performance, and she will expect that you have already learned these moves during previous classes. This is not designed as an instructional class. It's like a final exam, so you will have to truly earn your garter!

Part I – Individual Moves

In small groups, you will demonstrate the following Level 1 moves one by one, while the instructor assesses your performance. You may be asked to repeat these moves multiple times on both your dominant and your non-dominant side.

- Flagpole Stretch
- Peekaboo Stretch
- Betterview Stretch
- Swing and Hook (aka Catch Spin)
- Pirouette
- Swivel Step
- Money pick-up
- Diva Slide
- Step-Turn-Step

Part II – Routine Instruction and Performance

Your instructor will teach you a choreographed routine incorporating most or all of the above Level 1 Moves. This routine may include combinations of the above mentioned moves as well as other dance moves and floor work that are used in Level 1 pole classes. The instruction will be fast-paced, but you will repeat the routine during instruction to get the feel for the flow.

In small groups, you will perform the routine start to finish while an Instructor assesses your performance. You will be expected to smoothly transition between the moves you've learned and perform each move with proper form. The routine will be demonstrated and called out by the same Instructor who taught the routine – you are not being tested on memorization. Good form in the moves and fluid performance will be important to your assessment.

Part III – Assessment

The two Instructors will confer and award garters to those who are certified!

BREAK A LEG AND HAVE FUN!!!