

## **Orange Garter- Floor/Chair Level 1 Certification**

You will be expected to understand the terminology as well as demonstrate and perform Floor/Chair Level 1 Moves with little to no guidance from the instructor. You will be assessed on the technical aspect of the moves themselves, 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 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 Floor/Chair moves one by one, while the instructor assesses your performance. You may be asked to repeat these moves multiple times, on your dominant and non-dominant side. These moves are listed in no particular order.

#### **Standing Moves**

Divots  
Half and Half  
Hip Rolls  
Pony pumps  
Sexy Step Out  
Sexy Strut  
Snakes  
Window

#### **Floor Moves**

Attitude Stretch  
Sweetheart Slayers  
Cat Rolls  
Clocks  
Mermaid  
Mudflap Girl  
Naughty Girl Rocker  
Playboy Kicks  
Risque Wide  
Self Play  
Sexy Leg Lift

#### **Chair Moves**

Body Rolls  
Flash Dance Pose  
Garter Display  
Inner Body Rotations  
Naughty Girl Rocker  
Sexy Leg Lift  
Tush Up

### Part II- Routine Instruction & Performance

Your instructor will teach you a fully choreographed routine incorporating most or all of the above moves. In small groups, you will perform the entire learned routine start to finish while an Instructor assesses your performance. You will be expected to smoothly transition between the moves and perform each move with proper form. You will not be expected to memorize the routine; the Instructor will talk you through it while another Instructor assesses your performance.

### Assessment

The two Instructors will confer and decide who will Pass.

You will receive 2 Orange Garters if you pass.

You will receive 3 free classes if you do not pass; please work on perfecting your moves and try again!