



## Runway with Poise and Confidence (Ages 13 +)

- \*\*\* Week 1 *Orientation, goal setting, professional model's appearance, measurements posture, basic walk, wall press, first impression, balance head, shoulder and hip alignment, hesitation, right and left, walk on line, head up, no bouncing, body language, facial expression, posture, eye contact, fidgeting, etc. Projecting confidence, graceful power walk (glide) fall back and the basic pivot.*
- \*\*\* Week 2 *Posture, poise and confidence, pivot, half turns and foot posture, standing, walking, basic pivot, practice daily to improve, students must know the basics in order to gain confidence and develop style.*
- \*\*\* Week 3 *Basic turns, full turns and spotting. Review all classes, critique all techniques, choreograph and work with pairs and groups.*
- \*\*\* Week 4 *Facial expressions, working end of runway and 1 ½ turns.*
- \*\*\* Week 5 *Rhythm, beat/timing, walking to music and coordination of hands and head, head turns when walking, hand techniques for standing in front of body at waist and in pockets, current hand movements in shows. Review.*
- \*\*\* Week 6 *Choreography, doubles, triples and chevrons.*
- \*\*\* Week 7 *Model's wardrobe, model's tote bag, audition attire, modeling pivots, hesitations, double routines, working more than one person on the runway, working with cameras or audience, complete turns both directions, use of podium, public instructions and etiquette, current modeling career requirements: being prepared and professional at all times.*
- \*\*\* Week 8 *Team runway, jackets (bring a blazer,) review turns, coat and jacket techniques, graceful movements, poise and sophistication.*

Runway with Poise and Confidence (cont'd)  
(Ages 13 +)

\*\*\*Week 9 *Choreograph rehearsals, backstage etiquette, review all classes, critique techniques, choreograph routines and work with pairs and groups.*

\*\*\*Week 10 *Final touches. Review: rhythm, beat/timing, music, choreography, doubles, triples and chevrons.*