

# Shimmy Power Up:

1 Weeks | 7 Sessions per week | 19 Videos | Int/Adv

Does your shimmy machine need a tune up? Take it into the shop for a quick overhaul. In just one week, fine tune your drills and boost your technique in less than one hour a day. In this program we'll drill various shimmies including 3/4 shimmies, the choo choo, turkish front-back, classic Egyptian style, traveling with shimmies, and shimmy layers, complete with some fun and energetic combinations. This program is designed for intermediate-advanced dancers looking to kick their shimmies into overdrive!



This program features seven sessions of mix and match Datura Online classes in one week. Each of these sessions will run 45 minutes or less.

## Pro Tip:

This program is designed to give you a big boost in a short period of time. If you're into this kind of the challenge, try to commit to doing this power up in one week. You're also welcome to try the sessions in this program at your own pace - stretching it out for as long as you'd like, and repeating any of the sessions to your heart's content.

If you're loving this routine repeat any or all of the sessions until you feel like you've gotten the most out of it. Repetition is key to understanding and fully embodying dance movements, so keep it up and you'll notice the results. In any case, it's your shimmy machine and your in the driver's seat!

# SHIMMY POWER UP OVERVIEW

SHIMMY POWER UP : WEEK 1				
Session 1	Shimmy Warm Up and Seated Drill	Shimmy Layers		Cool Down
Session 2	Relaxed and Layered Shimmies		Calming Cool Down	
Session 3	Drills for 3/4 Shimmy Preparation		Basic Traveling with 3/4 Shimmies	
Session 4	Power Shimmy Session	Shimmy Queen: Combo #1	Post-Shimmy Cool Down	
Session 5	Standing Warm Up	Shimmy Quartet Drill	Shimmy Cool Down	
Session 6	Shimmy Drill Warm Up	Shimmy Queen Combo #2	Cool Down for the Lower Body and Spine	
Session 7	Daily Dose: Arabic Shimmy # 1 (pt 1)	Shimmy Queen Combo #3	Daily Dose: Arabic Shimmy #1 (Cool Down)	