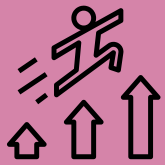




increase Your Artistry on BEAM

3 Areas To



ARTISTRY OF PERFORMANCE

- Great body posture
- Elongate your body
- Fully kick your legs
- Have beautiful feet
- Work in HIGH releve
- Use lots of body parts as you move



TEMPO & RHYTHM

- vary the speed and "mood" of your choreographed movements
- make your routine flow like a movie, not a picture slideshow



COMPOSITION

- lots of sideways movements
- great close to the beam choreo
- Mount with value
- only ONE 1/2 turn on 2 feet