



CHEATSHEET FOR TRANSITIONAL MOVEMENTS

Knowing how to smoothly transition from one position to another is one of the keys to looking (and being) graceful. There is often at least one, often several, in-between movements from one position to the next. For example, going from A to B is often really A to C or even A to E—there are many more movements in between than you might think!

SMOOTH TRANSITIONS REQUIRE THE ABILITY TO MOVE

SIDE-TO-SIDE



BACK-TO-FRONT OR FRONT-TO-BACK



ROTATIONALLY



UP & DOWN



THROUGH COMBINATIONS

