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The Visual Preview

Orr, Rob Marc

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The Visual Preview

How can you save your voice, look professional, include beginners, and teach the aerobic language all in an instant....? With a visual preview!!

" If a picture is worth a thousand words, a visual preview saves at least that. "

POINTS TO CONSIDER.

- *THE LOOK :*

A good visual preview needs to flow smoothly from the last move. It needs to introduce the next move in a clear, precise and technically correct format, in order to avoid miscues. Remember, "Student see, student do."

- *THE DEMO SIDE :*

The side used for the visual preview depends on:

- the type of move,
- its beat count,
- direction of travel,
- the amount of times the move needs to be previewed (due to complexity and class level,) and most importantly,
- the side that the class will lead on.

THE ART OF THE VISUAL PREVIEW

Phasing in a visual preview depends on two basic factors:

1. The beat count of the move, and
2. The number of visual previews.

THE ONE-TO-ONE RATIO.

In a sense it comes down to mathematics. For example, phasing in a two beat move to a two beat move can be done on a one-to-one ratio (As can a four beat move to a four beat move.) Your planning sheet could look something like this:

Example 1. Tap side previewing a Knee Lift

BEATS		1	2	3	4	5	6	7	8
CLASS	TS	(R)		(L)		(R)		(L)	
INSTRUCTOR	TS	(L)		(R)		(L)		KL	(R)



With Example 1, you can see how the class would lead with a right knee on the next musical sentence. The instructor however is still in mirror image, continuing with a left knee. Using mathematics, if the class were to do four Tap sides followed by four knee lifts, the instructor would in turn do three Tap sides and five knee lifts. This pattern would allow a visual preview with the audio cue. A four beat move to a four beat move could be done in the same way. For example substituting an easy walk for a grapevine.

THE ONE-TO-TWO RATIO.

There are two ways to deal with this uneven equation.

The first is simply to add an extra preview, thereby making it a one-to-one Ratio. This is most helpful in beginner classes or when the two beat move is a double, eg. double knee lift.

Example 2. Easy Walk previewing single Knee Lifts

BEATS		1	2	3	4	5	6	7	8
CLASS	EW	(R)	(L)	(R)	(L)	(R)	(L)	(R)	(L)
INSTRUCTOR	EW	(L)	(R)	(L)	(R)	KNEE(L)		(R)	

Example 3. Easy Walk previewing double Knee Lifts

BEATS	1	2	3	4	5	6	7	8
CLASS	EW (R)	(L)	(R)	(L)	(R)	(L)	(R)	(L)
INSTRUCTOR	EW (L)	(R)	(L)	(R)	KNEE(R)		(R)	

In both Examples 2 and 3 , the class is set to commence with a single (Example 2) or a double (Example 3) knee lift. Again the Instructor is set to mirror image. As you can see the Instructor would need to rehearse in order to allow the visual preview to be correct, and to allow the lead to begin on the desired leg.

The second method is a half and half. I recommend this only be done with a more advanced class.

Example 4. Easy Walk previewing a single Knee Lift

BEATS	1	2	3	4	5	6	7	8
CLASS	EW (R)	(L)	(R)	(L)	(R)	(L)	(R)	(L)
INSTRUCTOR	EW (L)	(R)	(L)	(R)	EW (L)	(R)	KNEE(R)	

As you can see with Example 4 ,the instructor completes half of the easy walk and finishes the last two beats with a visual preview. Again the class is ready to lead with a right knee lift and the instructor is set to mirror image.

THE TWO-TO-ONE RATIO.

The equation here in effect becomes a One-To-One Ratio. The only difference is the substitution of the last two, “two beat” moves to make the one “four beat” move.

Example 5.

BEATS	1	2	3	4	5	6	7	8
CLASS	FK (R)		(L)		(R)		(L)	
INSTRUCTOR	FK (L)		(R)		EW (L)	(R)	(L)	(R)

The instructor needs to remember to preview in a format that facilitates transition to the desired leg or direction of travel. The exception to this ratio is the easy walk. I've found it less confusing for the class if I demonstrate on the side I wish them to start on (still mirror imaged of course) This remains the same regardless of whether the easy walk is alternating or remaining on the same side.

I hope you will find that adding the **VISUAL PREVIEW** will increase your teaching capabilities as well as adding new dimensions to your classes. (Try taking a class, changing the name of all the moves adding only visual previews as guidance.)