

Bond University
Research Repository



The Visual Preview

Orr, Rob Marc

Licence:
CC BY-NC-ND

[Link to output in Bond University research repository.](#)

Recommended citation(APA):

Orr, R. M. (1999). *The Visual Preview*. Paper presented at Fitlink Fitness Festival 1999, Sydney, New South Wales, Australia.

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

For more information, or if you believe that this document breaches copyright, please contact the Bond University research repository coordinator.

Preview Considerations



- **The Look :**

- **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.

One - to - One

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)	



One - to - One

Drills

- **Heel Dig into Tap Side into Knee Up into Kick Back**
 - Instructor (7 Heel Digs, 8 Tap side, 8 Knee Ups, 8 Kickbacks)
 - (Partner 8 of each)

- **March into Easy Walk into Grapevine into Step 2 Heels**
 - Instructor (3 March, 4 Easy Walks, 4 Grapevines, 4 Step 2 Heels)
 - (Partner 4 of each)

One - to - Two

- Substituted a FOUR beat move with two TWO beat moves. (Becomes One-to-One)

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)	

One - to - Two

Drills

- **Easy Walk into Heel Dig**
 - Instructor (3 Easy Walks, 10 Heel Digs)
 - (Partner 4 Easy Walks, 8 Heel Digs)

- **Easy Walk into Double Knee**
 - Instructor (3 Easy Walks, 5 Double Knees)
 - (Partner 4 of each)

- **March into Side Tap or Double Side Tap**

One - to - Two

- Cut the FOUR beat move in half and include the TWO beat move.

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)	

One - to - Two

Drills

- **Easy Walk into Heel Dig**

- Instructor (3 1/2 Easy Walks, 9 Heel Digs)

- (Partner 4 Easy Walks, 8 Heel Digs)

- **Grapevine into Tap Side**

- Instructor (3 1/2 Grapevines, 9 Side Taps)

- (Partner 4 Grapevines, 8 Tap Sides)

Two - to - One

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)

Two - to - One

Drills

□ Heel Dig into Easy Walk

- Instructor (6 Heel Digs, 5 Easy Walks)
- (Partner 8 Heel Digs, 4 Easy Walks)

□ Step Heel into Double Step Touch

- Instructor (6 Step Heels, 5 Double Step Touches)
- (Partner 8 Step Heels, 4 Double Step Touches)