

# Donia's Warm ups

## Breathing

Hang forward. Take 2 deep breaths. Roll slowly up.

Hang over right leg. Take a deep breath and then roll up.

Hang over left leg. Take a deep breath and then roll up.

## Shoulders

Roll shoulders, plie every time (back x8, front x8)

Roll shoulders back, alternating shoulders.

Roll shoulders back, alternating, with arms out to the side.

## Neck

Ear to the shoulder. Other side. x2

Chin to the chest. Look up (keeping the neck long). x2

Look over the right shoulder. Look over the left shoulder. x2

Head slides

## Torso

Reach out to right, bending at waist. Reach out to left, bending at waist. x4

Snake arms - first right arm x8, then left arm x8, then both together x8

"Helicopter" twisting from the waist with the arms loosely out to the sides (allow heels to come off the ground to avoid torquing knees)

Chest lifts x8

Chest down x8

Chest slides (each side) x8

4 Points of chest – lift, slide left, release, slide right x4 (then change direction and do another set of 4)

Circle the chest - following path of 4 points (then change direction)

Expand/contract the chest (push forward to expand, pull back to contract) x4

## Lower Body and Hips

Ankle circles

With feet hip width apart, sit as low as you can without your heels coming off the ground and then rise up on your toes x8

Hip slides – gently side to side

Rock hips forward and then back (with a flat back) x4

4 points of hips – forward, slide to the left, back (with a flat back), slide to the right

Big hip circles (following the path of the 4 points)

Small hip circles (flat back when circling through the back)

Hip lifts – done 8 on right, 8 on left, 4 on right, 4 on left, 2 on right, 2 on left, and then alternating every time for 8 more counts

Hip drops – same pattern as above

Hip twists – same pattern as above

## Shimmies

Twist the hips straight from right to left to right (slowly) x8, increase to twisting shimmy (or as fast as possible)

Knee shimmy – create an up and down shimmy by bending and straightening the knees (start very slow and deliberate)

Shoulder shimmies – start with shoulder pushes slow x8, double-time x8, increase to shoulder shimmy (or as fast as possible)