

## Elements to practice *Pick just one at a time (e.g., Lift toes)*

### Hips

- Stand tall, eyes up
- Relax shoulders
- Lift toes
- Land on heel
- Hip drop
- Squeeze glutes
- Foot beneath hip

### Arms

- Relax hands
- Thumbs up
- Maintain 90 degree elbow bend
- Swing through at the waistband
- Drive elbow hard behind and relax forward
- Keep hands from crossing mid-line
- Keep hands from coming too high in front

### Powerful push-off

- Roll through to the tips of your toes

### Lengthen stride

- Walk the lane line, rotating hips so that feet land in a straight line