



Figure Eights PTM: Figure Eights PTM, or any Figure Eight for that matter, are something that I struggled with for quite a while to get synchronized amongst my students and the various troupes I've directed. If you think about approaching this movement as a combination of tracing through the 3 basic Hip Isolations, you have easy reference points for positioning, range, and timing. This is another valuable tool for solidifying the differentiation between the 3 positions. The Percussive version is quite stunning on its own and resembles two diamonds side by side.

Let's begin with half of the shape:

R Hip Triangle PTM:

U2D: R Up, R Side, R Down, Neutral

D2U: R Down, R Side, R Up, Neutral

Try both directions on the L side.

Hip Triangles PTM can be used as a standalone movement. You can think of this shape a hip circle on one side, PTM. To join a R and L Smooth Hip Triangle PTM together into one shape, a **Figure Eight**, take the **Neutral** position out of the pathway. Pay attention to the transition between **Up** and **Down Hips** on opposite sides. With **Figure Eight PTM U2D**, your R hip will be in the **Down** position and then transition to an **Up** position on the L. In **R Down**, the L hip will be "about level with the yardstick", but it will feel like its already **Up**. During the transition, squeeze the L glute to bring the L side into the **Up** position.

Figure Eight PTM U2D:

Step 1: R Up

Step 2: R Side

Step 3: R Down

Step 4: L Up

Step 5: L Side

Step 6: L Down

Remember, it may feel like Steps 3 & 4 almost fuse together, as well as Steps 6 & 1 if this is a continuous movement. Review the mechanics of **Up** and **Down Hips** to differentiate.

