



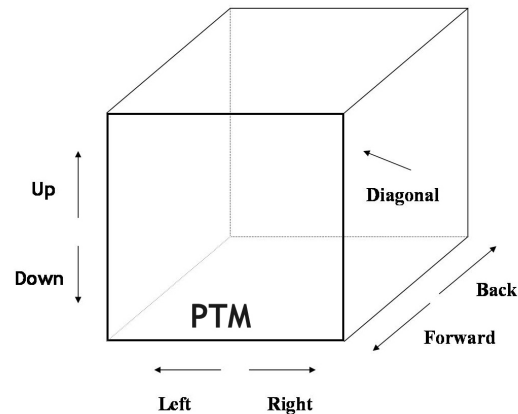
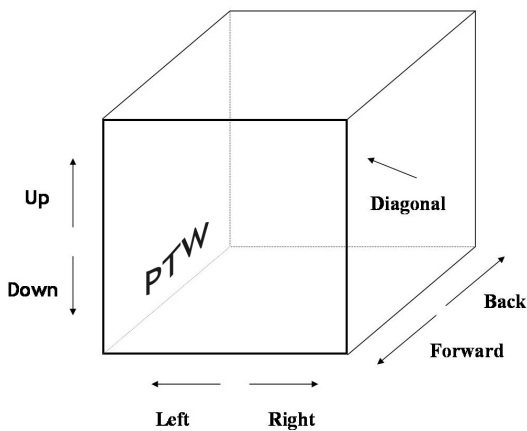
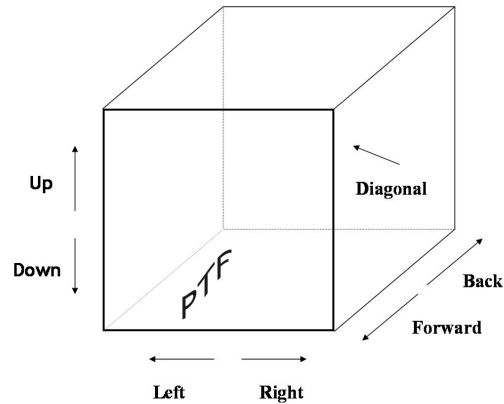
PLANES OF MOVEMENT

You can think of basic **Planes of Movement** as the sides of a cube. I like to use the visualization of being inside the dance studio to describe planes of movement. These are easy to remember and reference.

Parallel to Floor (Abbreviated: **PTF**)

Parallel to Wall (Abbreviated: **PTW**)

Parallel to Mirror (Abbreviated: **PTM**)



When combining a **CW** or **CCW** direction with **Planes of Movement**, the orientation of the clock will be as follows:

PTF: Looking down at the floor from a standing position, 12 O'clock will be in front of you and 6 O'clock will be behind you.

R Side PTW: Looking over the shoulder to the R, but keeping the standing body facing a **Forward Directional**, 12 O'clock will be high and 6 O'clock will be low.

L Side PTW: Looking over the shoulder to the L, but keeping the standing body facing a **Forward Directional**, 12 O'clock will be high and 6 O'clock will be low.

PTM: Looking straight ahead at the mirror from a standing position, 12 O'clock will be high and 6 O'clock will be low.