



## aRound Waist Hoop Tips from aRoundJoy

- Choose either one foot forward or feet slightly apart, you decide which method feels better.
- Remember - “**FEET, KNEES, BOOTY**” every time!
- THINK up, up, UP! Chest, shoulders, chin, head & eyes all need to be **FOCUSED UP!**
- Soft, relaxed, slightly bent knees; avoid straight legs, locked in place.
- Keep **HIPS/BOOTY** tilted **UNDER**, not out; avoid wiggling or circling hips right now! Keep pelvis tucked and engaged!
- Start with a **FLAT SPIN** for success, in whichever direction feels most natural. Avoid throwing hoop across your body. Grab hoop properly, wind up and aim for a level spin on your torso.
- Focus mainly on **FORWARD** or each **SIDE PUSH**, using **LOTS** of energy; think about the **PLACES** where hoop is connecting with body on waist.
- Let **ONLY** the **LOWER BODY** power waist hooping; use those **LEGS!**
- Slightly raise heels off floor, letting your weight be equally distributed between both feet, carrying yourself lightly on the balls of feet while waist hooping.
- Avoid bending forward; if upper body leans forward, booty will stick out!
- A strong **FORWARD PUSH** lifts your hoop; more energy into pushes raises the hoop and keeps it level. Play with intensity to see a difference.
- Practice waist hooping **WITHOUT** hoop to build “muscle memory” for correct body posture and mechanics.





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- Arms can be up and out to side, above head or hands clasped at back of neck or on top of head, plus more “dance” options and movement as you get more cardio experience; avoid keeping arms closed in, close to body – **“No T-Rex Arms!”**
- Stick to the method & main direction you feel most comfortable with in the beginning; try the others as you feel ready.
- Count number of revolutions or length of song(s) you have successfully kept hoop up! This is a way to set a goal & see progress.
- If you drop hoop, pick it up and try again; repeat until you get tired, even if it’s only **5 minutes a day** in the beginning.
- Waist hooping takes **CARDIO** endurance, so use some **hOOpWalk™** off-body moves to help condition yourself.
- Try using 100% more energy if hoop is dropping; it takes **A LOT** more **ENERGY** than you think. **REALLY** over exaggerate and spaz-out!
- To build strength, **FACE FORWARD** while waist hooping; turning in a circle is more fluid, hoop will slow down, so use sparingly in the very beginning.
- Teach yourself waist hooping in the reverse direction; try it once you feel comfortable with your dominant direction. This will keep the muscles, joints, spine and strength of your body balanced.
- You have mastered aRound Waist when you can continually spin hoop on waist, in either direction, using both methods.

### **BONUS: Moving w/ aRound Waist**

- While waist hooping, you’ll gain more awareness of space and intensity if you begin moving the feet, so experiment with that when ready.





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- Less is **MORE**. Slight steps right under yourself work better and are easier than big steps – this holds true for walking up or back, stepping to side or turning in a circle. **KEEP STEPS SMALLER** for more control.
- Keep the feet very light on the ground, heels just off the floor, so movement is easier, steps can be quicker. **THINK LIGHT** on your feet.
- Remember the **CONCEPT** of stepping and pushing into hoop at the same time as it spins on your waist – **L** side step & push, **R** side step & push.
- When turning, move in the direction the hoop is spinning.

