**Breaking down Barriers**

**Understanding Posture –** Where is the Weight carried in your body?

**Understanding Core – MOVES - CORE BEGINNING  
1) center core of the body  
2) power zone  
3) knees - hydronic lift  
4) emotionally driven**

**Performance Styles**

**Understand the most often used visual styles in Barbershop**

* **Precision - clean precise movements.**
* **Concept - general ideas and themes.**
* **Theatrics - artistry and drama.**
* **Staging - movement and positioning on stage.**

Song Types and Styles effect how we move……

* Up tune
* Ballad
* Swing/Backbeat
* Tempo driven
* Novelty
* Arrangement Creative
* Others

Putting it all to work!