

BODYTALK

LET'S FACE IT, *Nia can look like a lot of moves, but it's actually quite simple. Nia is comprised of basic steps and stances, core motions, and hand and arm movements. These moves make it possible for you to get a safe and expressive workout. Ask your teacher to go over any moves on this list that you are unfamiliar with. The more you know, the more you can dance freely and with greater power.*

THE MOVEMENT FORMS

- Tai Chi
- Tae Kwon Do
- Aikido
- Jazz
- Duncan Dance
- Modern Dance
- Yoga
- Feldenkrais Method™
- The Alexander Technique

FOOT MOTIONS

- Heel Lead
- Whole Foot
- Ball of the Foot
- Relevé
- Rock Around The Clock
- Squish Walk
- Duck Walk
- Toes In, Toes Out, Toes Parallel

STANCES

- Closed
- Open
- A
- Riding or Sumo
- One-Legged
- Bow
- Sink and Pivot Table Wipe

STEPS

- Stepping Back Onto the Ball
- Cross Front to Corners
- Cross Back
- Traveling 1-2-3-4 In Directions
- Lateral Traveling
- Cha Cha Cha
- Slow Clock
- Fast Clock

TEACHING TECHNIQUES

- Developmental Levels: 1-2-3
- 3 Physical Planes: Low-Middle-High
- Vertical & Horizontal Alignment
- Steps and Stances and Kicks
- FloorPlay

KICKS

- Front
- Side
- Back
- Knee Sweep
- Frog

CORE (Pelvis-Chest-Head)

- Pelvic Circle
- Hip Bumps
- Shimmy
- Pulse
- Isolations
- Undulations
- Spinal Roll
- Twist

ARMS

- Blocks: Up, Out, In, and Down
- Punches: Up, Out, Across, and Down
- Fluid and Creative Free Form
- Linear and Mechanical
- Functional: Juggle, Throw, Catch, Toss, Clap, Push, Pull

HANDS AND FINGERS

- Spear Finger
- Pumps
- Creepy Crawlers
- Finger Flicks
- 5-Finger Extensions
- Blade
- Palm Directions
- Claw
- Power Finger Cross Over
- Webbed Spaces

CREATIVE EXPRESSION

- Sounding
- Emotional Expressions
- Imagery and Visualization
- Freedance
- Breathing
- Movement Dynamics
- Nia Routines



Nia®

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