

# HOW TO PLAN A POLE ROUTINE

in 10 Minutes

## Rule of 3's

01

### Group 3 moves together

1. Getting into the move
2. The move
3. Finishing the move

Eg. Walk around the pole, go into a spin, land on your knees. Or, Climb the pole, do a side seat, slide down to land on your feet.

## Create a Flow

02

Start your next move in the place where you ended your last move.

- Minimize changing hand / leg positions
- Take away a step between the moves, no stopping.

Eg. Walk into a spin. Use the momentum of the walk to spin. Use your stepping leg to hook.

## Add Moves

03

- Once you have your basic routine, add moves in before, in the middle or at the end.
- This preserves energy, adds interest and uses up time.

Eg. Climb into side seat, kick your legs, into wrist seat, slide down.

## Plot Your Dance

04

- Decide where you are going to start and where you are going to end.
- Preserve your energy for the end.
- Place your groups according to floor work, spins, climbing and inverting moves.

Eg. Start standing next to the pole, spin, then climb and land. Another spin into floor work. Then invert.

## Listen to the Music

05

- Plan your moves according to the music.
- If the music gets loud at a certain point, do your difficult tricks then.
- If the music is higher, be higher on the pole.
- Try to sync your moves to the music. If it is slower, move slower. If it speeds up, speed up.

## Add Interest

06

- Use speed and expression to add interest.

Eg. Sudden drops.  
Moving slower when the music speeds up.  
Start in an unusual place, eg upside down on the pole.  
Do more moves in quick succession.  
Bring it all together at the end.

## Rehearse

07

You are done with planning!

Now you test the moves in the order you planned, and move, add or remove parts to create a better flow.

Rehearse until you are keeping your timing to the music.