



POLE DANCE STARTER KIT

This workbook guides you through 15 foundational moves in just 15 minutes a day. Each lesson builds your strength, confidence, and flow, with quick, easy-to-follow videos to learn at your own pace.



GENX POLE ARTS



Welcome!

Welcome to the beginning of your pole dance adventure! This program is designed to help you learn and enjoy 15 foundational moves over 15 days. Each day's lesson is a quick, easy-to-follow 15-minute video that will introduce you to a new move, and you can complete them at your own pace. Whether you choose to go one move per day, speed things up, or take your time, these lessons are here to guide you in building a fun, empowering skill set from the ground up.

What You'll Need

- **A pole and a floor area:** Some moves use only the floor, others the pole, and some incorporate both.
- **Optional heels:** Heels add flair! Platforms are encouraged if you want to wear shoes.
- **Your pace:** This journey is all about finding your rhythm and confidence. Go at whatever speed feels right for you!
- **Warm-Up Reminder:** While each lesson is a 15-minute move, we encourage you to warm up beforehand. You can find some great warm-up exercises on the [GenX Pole Arts YouTube channel](#)!

Let's get started and enjoy this empowering experience!

xoxo,
Nancy A.

GENX POLE DANCE STARTER KIT



LESSON 1:

Hair Whip

The hair whip is a dynamic and expressive dance move that adds flair and drama to your routine. Here's how to perform it safely and effectively:

1. Prepare Your Space

- Ensure you have enough room to move your head and upper body without hitting anything or anyone.
- Warm up your neck, shoulders, and back with gentle stretches to avoid strain.

2. Find Your Base Stance

- Stand with your feet shoulder-width apart for stability.
- Slightly bend your knees to engage your core and keep your balance.

3. Position Your Upper Body

- Keep your chest lifted and shoulders relaxed.
- Let your hair fall naturally (or release it if tied up).

4. Choose Your Direction

- Decide whether you'll whip your hair from side to side, in a circle, or forward and back.
- Start with a simple side-to-side motion if you're new to the move.

5. Initiate the Movement with Your Neck

- Begin by tilting your head slightly in the direction you want to whip your hair.
- Use a controlled but swift motion, letting the momentum carry your hair.

6. Engage Your Core

- Tighten your abdominal muscles to protect your lower back and maintain control.
- Avoid overextending your neck or arching your back too much.

7. Add Rhythm and Flow

- Sync your hair whip with the beat of the music for a seamless effect.
- Practice flowing into the hair whip from other dance moves for a polished look.

8. Gradually Increase Intensity

- Start with small movements to get comfortable with the motion.
- As you gain confidence, make your whips more dramatic by increasing the speed and range of motion.

9. Practice Safely

- Take breaks to avoid dizziness or neck fatigue, especially during circular whips.
- Always cool down with gentle neck stretches to prevent stiffness.

10. Incorporate Personality

- Add your unique style by combining the hair whip with arm movements, spins, or poses.
- Experiment with different speeds and directions to create a signature look.



[VIDEO
LINK](#)



LESSON 2:

Booty Roll

The booty roll is a versatile and playful dance move that focuses on isolating your hips and creating a smooth, circular motion. Here's a step-by-step guide to mastering it:

1. Prepare Your Space

- Find a clear, comfortable space where you can move freely.
- Warm up with light cardio and stretches to loosen your hips and lower back.

2. Start with a Stable Base

- Stand with your feet slightly wider than shoulder-width apart for balance.
- Bend your knees slightly to engage your core and create a grounded stance.

3. Understand the Hip Motion

- Imagine drawing a circle with your hips.
- The motion involves tilting your pelvis forward, shifting to one side, arching back, and then shifting to the other side.

4. Break It Down

- Begin by isolating each part of the movement:
- Tilt forward: Engage your lower abs and tuck your pelvis slightly.
- Shift to the side: Move your hips laterally to one side.
- Arch back: Stick your booty out while keeping your upper body upright.
- Shift to the other side: Move your hips laterally to the opposite side.
- Practice these points in sequence to build the full circular motion.

5. Smooth Out the Motion

- Connect the points to create a continuous, fluid circle with your hips.
- Keep the movement slow and controlled at first.

6. Sync with Music

- Match the rhythm of the music to enhance the flow of your booty roll.
- Experiment with different speeds to suit various beats.

7. Engage Your Core

- Keep your core engaged throughout the motion for better control and to protect your lower back.
- Avoid using your upper body to compensate; focus on isolating the hips.

8. Add Style with Arm Movements

- Use your arms to frame your body or add expressive gestures.
- Keep your hands relaxed and flowing to complement the booty roll.

9. Experiment with Angles

- Try rolling your hips to the side or at a diagonal to add variety.
- Combine the booty roll with other moves, like body waves or dips, for a seamless routine.

10. Cool Down

- Stretch your hips, lower back, and thighs after practicing to release tension.
- Use gentle yoga poses, like child's pose or seated forward folds, to relax your muscles.



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LESSON 3:

Sexy Push-up

The sexy push-up is a sultry variation of the traditional push-up that emphasizes fluidity, body control, and sensuality. It's often used in dance routines to add a dramatic and alluring element. Here's how to master it:

1. Prepare Your Space

- Find a clean, comfortable surface with enough space to stretch out.
- Use a yoga mat or padded floor for added comfort on your hands and knees.

2. Warm Up

- Loosen up your wrists, shoulders, and core with light stretches and movements.
- Do a few basic push-ups or planks to engage your muscles.

3. Find Your Starting Position

- Begin in a traditional push-up position with your hands shoulder-width apart and your body in a straight line from head to heels.
- For a modified version, drop to your knees, keeping your back straight and core engaged.

4. Initiate the Movement with Your Chest

- Slowly lower your chest toward the ground in a controlled motion.
- Keep your elbows slightly tucked toward your ribs for a smooth look.

5. Add a Body Wave

- As your chest approaches the floor, arch your back slightly and push your hips up to create a wave-like motion through your body.
- The wave should flow from your chest to your hips and legs.

6. Emphasize the Hips

- Let your hips drop toward the floor after the wave, adding a dramatic curve to your spine.
- Push your hips back slightly as you return to the starting position for added flair.

7. Engage Your Core and Arms

- Use your core and arm strength to control the descent and ascent, ensuring the movement stays smooth and fluid.
- Avoid rushing; the key is to make every part of the motion intentional.

8. Incorporate Eye Contact and Expression

- Add a seductive element by glancing at the audience (or mirror) as you perform the movement.
- Experiment with soft smiles or sultry gazes to enhance the mood.

9. Adjust Your Speed

- Practice slowly to perfect the wave-like motion, then experiment with speeding up or slowing down for different effects.

10. Add Transitions and Variations

- Combine the sexy push-up with other moves like body rolls, leg extensions, or a floor spin to create a fluid routine.
- For an advanced variation, cross one leg behind the other or incorporate a hair flip for extra drama.



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LESSON 4:

Leg Wave (Floor)

The leg wave is a mesmerizing floor move that emphasizes fluidity and flexibility. It's a perfect addition to floorwork routines, creating a wave-like motion that draws attention to your legs and overall body control. Here's how to master it:

1. Prepare Your Space

- Choose a clean surface with enough space to straddle your legs in a reclined position.
- Warm up with light stretches, focusing on your hamstrings, hips, and lower back.

2. Begin in a Table Top Position

- Get onto your hands and knees, keeping your back flat and your booty towards the "audience"
- Look back over one shoulder to see yourself in a mirror or imagine gazing at the audience.

3. Position Your Starting Leg

- Straighten one leg out to the side, the same leg of the shoulder you are peering over.
- Point the toes of the straightened leg.

4. Initiate the Wave with Your Toes

- Begin the wave by gently sweeping the extended leg on the floor in a semicircle.
- Gracefully push your booty back as you sweep your leg until it is positioned directly behind you

5. Flow Through your Hips and Back

- Lift your leg slightly off the floor while you undulate in your hips and lower back.
- Bring your chest towards the ground as your booty realigns with a flat back.

6. Reverse the Wave

- Reverse the wave by lifting your leg slightly off the floor.
- Add a slight arch to your back as you bring the leg back to the starting position.

7. Incorporate Repetition for Wave Effect

- Repeat the wave several times.
- Practice changing the level of your chest or the amount of booty push-back.

8. Engage Your Core for Control

- Keep your core muscles engaged to stabilize, control and enhance the fluidity of your movement.
- Avoid sudden starts or stops in the movement.

9. Add Style with Upper Body Movement

- Add a hair whip.
- Use one hand to caress your sweeping leg or booty.

10. Combine with Other Floor Moves

- Integrate the leg wave into your routine by transitioning from poses like a sexy push-up, splits, or a hip bump.
- Play with the tempo and angles to suit the music or mood of your performance.



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LESSON 5:

Hip Bump (Floor)

This fun and flirty floorwork move involves alternating hip bumps to create a sensual, playful effect. Follow these steps to master the "speed bump" side-to-side motion:

1. Prepare Your Space

- Use a smooth, comfortable floor surface like a yoga mat or studio floor.
- Warm up your hips, lower back, and core with stretches and light movements to prevent injury.

2. Get Into Position

- Lie flat on your stomach with your legs extended and arms bent, elbows under your shoulders for support.
- Pull your knees in toward your body so your booty sticks up in the air while your chest stays close to the floor.

3. Engage Your Core and Glutes

- Tighten your abdominal muscles and glutes to stabilize your body.
- Keep your upper body relaxed and your chest grounded to emphasize the hip movement.

4. Drop One Hip to the Floor

- Let one hip dip downward to lightly bump the floor.
- Keep the motion controlled and intentional, avoiding jerky movements.

5. Alternate to the Other Hip

- Lift the dipped hip back up and allow the opposite hip to drop toward the floor.
- Create a smooth, rhythmic motion as you alternate between sides.

6. Maintain the Wave-Like Motion

- Focus on fluidity, ensuring there's no pause as you move from one hip bump to the other.
- Let the motion flow naturally from your core, rather than forcing it.

7. Add Musicality

- Sync your hip bumps with the rhythm of your music for a dynamic performance.
- Experiment with faster or slower tempos depending on the vibe you want to create.

8. Style with Your Arms and Upper Body

- Use your arms to frame your body, such as tracing shapes or sweeping them outward.
- Incorporate head turns or hair flips for added drama.

9. Smooth Transitions

- Practice transitioning in and out of the speed bump move. For example, move into a crawl, a body wave, or a playful roll.

10. Practice and Perfect

- Record your practice or use a mirror to refine your form.
- Pay attention to creating smooth, even movements that are visually appealing.



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LESSON 6:

Sexy get-Up

A sexy get-up move can add flair and elegance to your pole dancing routine. Follow these step-by-step instructions to master the move:

1. Start in a Seductive Pose

- Sit on the floor with one leg extended and the other bent at the knee.
- Point your toes, arch your back slightly, and place your hands lightly on the floor beside you for balance.

2. Engage Your Core

- Begin by engaging your core muscles to create controlled and fluid movement.
- Keep your shoulders relaxed and maintain good posture.

3. Sweep Your Arm

- Use one arm to trace a soft, sweeping motion along your body or across the floor.
- This adds sensuality and keeps your movements continuous.

4. Transition to Your Knees

- Shift your weight to one side, using your hands to help you gracefully come onto your knees.
- Let your hips lead the motion, keeping it slow and intentional.

5. Add a Body Roll

- From your knees, incorporate a body roll by leading with your chest, rolling through your ribs, and finishing with your hips.
- This creates a captivating wave-like effect.

6. Use the Pole for Support

- Reach out to grab the pole with one hand for stability and style.
- Use the pole to pull yourself into a standing position, staying bent at the hips so that your head is the last thing to come up.

7. Extend Your Legs

- As you rise, point your toes and keep one knee slightly bent, creating a beautiful line.
- Add a slight arch to your back for extra drama.

8. Finish in a Strong Pose

- Once standing, transition into a confident pose such as a hip pop or a hand tracing your body.
- Hold your pose briefly to emphasize your control and flair.

9. Focus on Fluidity

- Practice connecting each step seamlessly for a polished routine.
- Avoid rushing through the movement—let your audience enjoy the details.

10. Add Your Personal Style

- Experiment with variations, such as head flips, hair tosses, or different arm movements.
- Make the move uniquely yours by incorporating your signature style.



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LESSON 7:

Cowgirl Bounce

The cowgirl bounce is a playful and seductive floorwork move that adds fun and flirtation to your routine. Here's how to master it step-by-step:

1. Start on your knees

- Kneel on the floor with your knees apart.
- Keep your chest lifted and shoulders relaxed for a confident posture, or add a small arch to your back.

2. Engage Your Hips and Quads

- Engage your quads and core and focus on isolating your hip movements.
- Begin by tilting your pelvis forward slightly to initiate the bounce motion.

3. Add a Small Lift

- Lift your booty and hips off the ground and bounce up and down.
- Think of this as a gentle "pop" rather than a jump.

4. Control the Bounce

- Lower your hips back down with control, allowing them to tap the back of your legs or floor lightly.
- Repeat this motion, creating a rhythmic bouncing effect.

5. Use Your Legs for Accents

- Change the width of your knee opening and keep your legs engaged for a playful effect.
- You can add variations by slightly flexing or rolling your hips as you bounce.

6. Add Arm Movements

- Once comfortable, trace your hands along your body or into the air.
- This adds sensuality and flair to the move.

7. Maintain Eye Contact (Optional)

- If performing for an audience, make playful eye contact to enhance the flirty vibe.
- Toss your hair or add a cheeky smile to amplify the mood.

8. Transition to Knees or Pole

- After a series of bounces, you can smoothly transition onto your knees or use the pole for support to move into the sexy get-up.

9. Focus on Tempo

- Match your bounces to the rhythm of your music for a dynamic and engaging effect.
- Experiment with slower, deliberate bounces or faster, energetic ones depending on the vibe you want to create.

10. Add Your Signature Style

- Incorporate your personal touch by playing with variations like swaying your hips or adding head rolls.
- Make the move feel authentic to your style.



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LESSON 8:

Around the World

The "Around the World" is a graceful and mesmerizing spin that showcases your flow and control on the pole. Follow these steps to master it:

1. Start with a Strong Grip

- Stand next to the pole with your inside hand (closest to the pole) gripping high.
- Your outside hand should hold the pole slightly lower, with fingers wrapped securely.
- Engage your core and keep your shoulders down and relaxed.

2. Position Your Body

- Start with your outside leg slightly in front, ready to step into the spin.
- Point your toes and maintain a tall posture to set up for a clean movement.

3. Initiate the Spin

- Step forward with your outside leg, sweeping it in a wide circular motion.
- Simultaneously, pull gently with your inside hand to lift your body slightly off the ground.

4. Bring Your Legs Around

- Once the spin begins, tuck your inside leg up to your body (like a flamingo), allowing your outside leg to trail and complete the circular motion.
- Your legs should move fluidly in an "around the world" arc.

5. Keep Your Core Engaged

- Use your core muscles to control your spin and maintain stability.
- Avoid collapsing into the pole—stay active in your grip and posture.

6. Adjust Your Speed

- Control the speed of your spin by adjusting how hard you push off the floor with your outside leg.
- A gentle push creates a slower, more elegant spin, while a stronger push gives you a faster rotation.

7. Focus on Leg Lines

- Extend your outside leg gracefully as it completes the circular motion.
- Keep your toes pointed and knees slightly soft for a polished look.

8. Transition Smoothly

- As you finish the spin, plant your feet gently on the floor, returning to a stable and confident stance.
- You can either step out into a pose or transition directly into your next move.

9. Play with Variations

- Once comfortable, experiment with different leg positions, such as a fan kick or straight legs, to add variety and style.
- You can also try adding arm flourishes or hair flips for extra flair.

10. Practice for Fluidity

- Focus on keeping the movement smooth and continuous.
- Practice spinning with both directions to improve versatility and balance.



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LESSON 9:

Walk Around the Pole

The Walk Around the Pole is a foundational yet seductive move that sets the tone for your routine. Here's how to execute it with confidence and flair:

1. Start with a Light Grip

- Stand next to the pole with your inside hand (closest to the pole) gripping it lightly at chest height.
- Keep your arm slightly bent and shoulders relaxed for a natural posture.

2. Position Your Body

- Place your feet slightly apart for balance.
- Shift your weight onto your inside leg, keeping your outside leg ready to step.

3. Begin the Walk

- Step forward with your outside leg in a wide, deliberate motion.
- Follow with your inside leg, stepping close to the base of the pole.
- Think of walking in a soft, circular path around the pole.

4. Engage Your Core and Hips

- Keep your core engaged to maintain balance and control.
- Let your hips sway naturally with each step, adding a sensual touch to your movement.

5. Point Your Toes

- As you step, extend your legs fully and point your toes for a polished, elegant look.
- You can try dragging one foot behind the other or doing a double-step.

6. Maintain Eye Contact

- Look at your audience or your reflection in the mirror to project confidence.
- If you prefer, glance down at the pole for a sultry, mysterious vibe.

7. Incorporate Arm Movements

- Use your free hand to trace your body, flip your hair, or gesture outward for extra drama.
- Keep your movements fluid and intentional to match the tone of your routine.

8. Play with Speed and Tempo

- Match your walk to the music.
- A slower pace creates a more seductive feel, while a quicker walk adds energy and playfulness.

9. Transition into Your Next Move

- After completing one or more circles, use your outside hand to grip the pole and prepare for your next move.
- Transition smoothly into a spin, climb, or floorwork move to keep the flow of your routine.

10. Add Personal Style

- Experiment with different arm placements, hip sways, or even a slight body roll as you walk.
- Make the move uniquely yours by playing with angles and energy levels.



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LESSON 10:

Double Step

The Double Step Around the Pole is a smooth and dynamic move that adds flair and rhythm to your routine. Here's how to master it step-by-step:

1. Start with a Secure Grip

- Stand next to the pole with your inside hand gripping the pole at chest or eye level.
- Your arm should be slightly bent, and your shoulders relaxed for a natural look.

2. Position Your Body

- Begin with your inside leg close to the pole and your outside leg ready to step out.
- Engage your core to maintain stability throughout the movement.

3. Initiate the First Step

- Step forward with your outside leg, moving in a wide arc to start circling around the pole.
- Follow with a skipping type of double step with the same foot.
- Point your toes and extend your leg gracefully as you step.

4. Follow with the Second Step

- Bring your inside leg around to follow, stepping closer to the pole as it passes.
- Follow with a skipping type of double step with the same foot.
- Keep your movements smooth and flowing to maintain rhythm.

5. Create a Continuous Flow

- Repeat the double step, alternating between outside and inside legs as you circle the pole.
- Keep your steps light, landing softly on the balls of your feet.

6. Engage Your Hips and Core

- Add a gentle sway to your hips with each step to make the move more dynamic and captivating.
- Your core should stay engaged to control your balance and movement.

7. Use Your Free Hand

- Trace your free hand along your body, run it through your hair, or extend it outward to add visual interest.
- Keep your hand movements fluid and purposeful to complement your steps.

8. Play with Speed and Direction

- Practice the double step at different speeds to match your music's tempo.
- Experiment with changing directions mid-move for a playful and unexpected twist.

9. Transition Gracefully

- As you complete your circle, prepare to transition into another move, such as a spin or dip.
- Use your free hand to grip the pole if needed for stability.

10. Add Your Personal Style

- Experiment with variations like crossing your legs slightly during steps, adding a small hop, or rolling your shoulders.
- Make the move your own by incorporating your unique flair and personality.



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LESSON 11:

Body Wave on the Pole

The Body Wave is a mesmerizing and sensual move that adds flow and elegance to your pole routine. When done while holding the pole, it creates a striking visual effect. Here's how to master it step by step:

1. Start with a Comfortable Grip

- Stand close to the pole, with your inside hand gripping it at chest or eye level.
- Your outside hand can rest lightly on the pole or trace along your body for style.

2. Position Your Body

- Stand facing the pole with your feet hip-width apart or with one leg slightly forward for balance.
- Keep your toes pointed, and your knees soft for fluid movement.

3. Initiate the Wave with Your Head

- Start the wave by tilting your head slightly back.
- Let the motion travel down through your neck, creating a natural, flowing movement.

4. Roll Through Your Chest

- Push your chest forward, as if leading with your sternum.
- Keep your shoulders relaxed to maintain a smooth line.

5. Engage Your Core and Hips

- As the wave moves down, pull your chest back in and engage your core.
- Roll the motion into your hips, tilting them forward slightly to continue the wave.

6. Finish with Your Legs

- Allow the wave to flow all the way down your body, bending your knees slightly if needed.
- Keep your legs engaged and your movements controlled for a polished finish.

7. Use the Pole for Support

- Your inside hand should provide light support to help maintain balance.
- Avoid relying too heavily on the pole; the motion should come from your body.

8. Add Arm Movements

- Use your free hand to trace along your body, flip your hair, or extend outward for extra flair.
- Match the rhythm of your hand movement with the flow of your body wave.

9. Repeat and Refine

- Practice repeating the wave continuously to create a fluid and hypnotic effect.
- Focus on making each transition between segments (head, chest, hips) seamless.

10. Personalize the Move

- Experiment with speed: slow and deliberate waves for a sultry vibe, or faster ones for a playful energy.
- Add your unique touch, like a slight turn around the pole or a dramatic hair flip.



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LESSON 12:

Standing Booty Jiggle (Twerk)

A standing booty jiggle or twerk adds a playful and energetic element to your pole routine. Holding the pole gives you balance and lets you focus on isolating your movements. Here's how to master it:

1. Stand with a Secure Grip

- Face the pole and grip it with both hands at about chest or eye level.
- Keep your arms slightly bent and shoulders relaxed.

2. Position Your Legs

- Stand with your feet slightly wider than shoulder-width apart for stability.
- Bend your knees slightly and stick your hips back, creating a slight arch in your lower back.

3. Engage Your Core and Glutes

- Tighten your core for control while keeping your glutes relaxed.
- This helps isolate the movement in your hips.

4. Start the Jiggle Motion

- Push your hips back, then quickly release them forward to create a bouncing motion.
- Focus on moving your hips and glutes rather than your upper body.

5. Adjust Your Speed

- Practice varying the tempo of the jiggle.
- Slow, deliberate movements create a more controlled look, while fast jiggle adds playful energy.

6. Use the Pole for Support

- Lean slightly into the pole for balance, keeping your grip firm but relaxed.
- Avoid gripping too tightly, which can make your movements stiff.

7. Experiment with Variations

- Try shifting your weight from one leg to the other for a side-to-side jiggle.
- Add a slight dip in your knees for a more dynamic bounce.

8. Incorporate Your Upper Body

- Use your free arm (if you release one hand) to add style, like tracing your body or flipping your hair.
- Keep your movements synchronized for a cohesive look.

9. Maintain a Confident Posture

- Keep your head up and make eye contact if performing for an audience.
- A confident posture enhances the overall impact of the move.

10. Personalize the Move

- Add your flair by including hip rolls, body waves, or transitions into other twerk styles.
- Experiment with different angles and foot positions to find what feels most natural.



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LESSON 13:

Leg Wave on the Pole

The leg wave is a captivating and graceful move that adds elegance and fluidity to your pole routine. When performed while holding the pole, it creates beautiful lines and dynamic movement. Follow these steps to master it:

1. Start with a Secure Grip

Stand next to the pole with your inside hand gripping it at chest or eye level. Keep your arm slightly bent and your shoulders relaxed.

2. Position Your Body

Shift your weight onto your inside leg (the one closest to the pole). Point your outside foot, and extend your outside leg slightly forward, preparing for the wave.

3. Engage Your Core

Tighten your core to help stabilize your balance and control your movement. Keep your posture tall and your hips square.

4. Initiate the Wave with Your Hip

Begin by lifting your outside leg slightly and pushing your hip outward. Let the motion ripple down through your thigh, knee, and ankle.

5. Flow Through the Wave

Keep your leg straight but soft (not locked) as you lead with your knee and let the wave travel down to your toes. Imagine drawing a small "S" shape in the air with your leg for a graceful, flowing effect.

6. Maintain Balance

Use your grip on the pole to stabilize yourself as your leg moves. Avoid leaning too heavily on the pole—your core and standing leg should provide most of your stability.

7. Add a Reversal

Once the wave reaches your toes, reverse the motion by leading back up through your ankle, knee, and hip. This creates a continuous wave-like effect.

8. Play with Height and Tempo

Experiment with the height of your leg wave, keeping it low for a subtle look or raising it higher for a dramatic flair. Adjust the speed to match the music's mood—slow for sultry or quick for playful.

9. Incorporate Arm Movements

Use your free hand to trace your body, extend outward, or hold your hair for added style. Keep your arm movements smooth and complementary to the wave.

10. Transition Gracefully

After completing your leg wave, smoothly lower your leg and prepare for your next move. You can step into a spin, pose, or floorwork for a seamless transition.



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LESSON 14:

Pole Sit

The pole sit is a foundational move that combines strength, grip, and poise. It's a versatile position that can serve as a resting point or a base for more advanced tricks. Here's how to achieve a secure and elegant pole sit:

1. Start with a Climb (or Jump)

Begin by climbing the pole to a comfortable height where your feet are off the ground, or use a small hop to position yourself. Ensure your inside hand is gripping the pole high, and your outside hand is supporting lower for stability.

2. Position Your Legs

Wrap your legs around the pole, gripping it between your upper thighs. Squeeze the pole firmly with your inner thighs to create a solid hold. Tilt slightly to the right or the left, with one hip resting slightly higher, creating a tighter squeeze between the thighs and a more secure grip.

3. Adjust Your Hands

Move your hands lower on the pole for balance. Your arms should remain engaged but not carry your full weight.

4. Engage Your Core and Squeeze

Keep your core tight to maintain control. Use the strength of your thighs and inner knees to hold your position securely. Engage your legs and glutes.

5. Sit Upright

Shift your weight slightly back to mimic a seated position, keeping your upper body upright. Avoid leaning too far forward or back to maintain balance until you feel comfortable in the position and decide to use different body positions for effect.

6. Point Your Toes

Extend your legs slightly or keep them bent in a flattering position. Point your toes for a polished and graceful look.

7. Check Your Grip

Ensure your inner thighs are doing most of the work, with your hands providing light support. If you feel unsteady, reposition your legs or hips for a tighter hold.

8. Add Style

Once comfortable, experiment with arm movements. Extend one arm outward, trace your body, or use a sultry pose to enhance the look of your sit.

9. Transition Smoothly

From the pole sit, you can transition into spins, leg extensions, or dismounts. Plan your next move for a seamless flow in your routine.

10. Practice Safety

Use a crash mat or practice close to the ground when learning. Wear pole-specific shorts to help your skin grip the pole securely.



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LESSON 15:

Fireman Spin

The Fireman Spin is a classic beginner pole dance move that's both fun and foundational. It combines strength and flow, giving you a smooth and controlled spin around the pole. Here's how to perform it:

1. Start with a Strong Grip

Stand next to the pole with your inside hand (closest to the pole) gripping it high above your head.

Your outside hand should grip the pole at about chest height for additional control.

2. Position Your Body

Place your inside leg (closest to the pole) slightly in front of the other, ready to step. Keep your posture tall, with your core engaged and shoulders down.

3. Step Into the Spin

Step forward with your inside leg, planting it close to the base of the pole.

Use this step to push your body slightly away from the pole, creating momentum for the spin.

4. Hook Your Legs

As you begin to spin, lift your outside leg and hook it around the front of the pole, with your knee pointing forward.

Quickly follow by hooking your inside leg behind the pole, creating a scissor-like grip with both legs.

Your knees will grab the pole.

5. Engage Your Core and Arms

Pull gently with your arms to stabilize your body as you spin.

Keep your core tight to maintain control and prevent sliding down too quickly.

6. Control Your Speed

Your initial push and grip strength will determine the speed of your spin.

For a slower spin, push off gently; for a faster spin, push off with more force.

7. Point Your Toes

Keep your legs engaged and your toes pointed for a polished and elegant look. Avoid letting your legs dangle or lose their form.

8. Finish Gracefully

As the spin slows down, lower your feet gently to the ground.

Release the pole with control and transition into your next move, like a pose or step.

9. Add Style

Once comfortable, experiment with arm movements or head tilts to add flair.

You can also play with the height of your legs for variation, such as bringing them higher or closer to the pole.

10. Practice and Refine

Repetition is key to building strength and fluidity.

Record yourself to identify areas to improve, like smoother leg transitions or maintaining a consistent spin.



[VIDEO
LINK](#)



CONGRATULATIONS ON COMPLETING THE POLE DANCE STARTER KIT!

You did it! By committing to each lesson, you've built a strong foundation in pole dance fundamentals.

Remember, every move learned is a stepping stone to even more exciting skills and self-expression on the pole.

Next Steps:

- **Keep Practicing:** Revisit these moves to deepen your technique and confidence.
- **Explore New Skills:** Check out our YouTube channel for more advanced tutorials and warm-ups to enhance your practice.
- **Connect with the Community:** Share your progress, ask questions, and celebrate your journey with fellow beginners!
- **Register** for the GenX Pole Arts Beginner's Program!

Click the icon for link!

