

*the*  
  
*Locust*  
*technique*

**A DANCE  
INSTRUCTION  
SYSTEM**

**CONCEIVED &  
DEVELOPED BY  
JIMMY LOCUST**

**IN CONJUNCTION WITH JAL ENTERTAINMENT INC.**

The Locust Technique is a new technique with old standard values. Using the fundamental structure of one of the oldest techniques, ballet, while fusing it with the core strengths of jazz dance, The Locust Technique delivers the solid formula to train and strengthen dancers from beginner to advanced, young and seasoned alike.

Jimmy created The Locust Technique from the experience of his 28 years of being a professional dancer and choreographer in the United States and abroad. He was inspired by his love for the art of dance, wanting to keep old school traditions alive and, an important mentor in his life, Gus Giordano. He was also inspired by some of the biggest names in the business that he had the honor to work under and tour with. Michael Jackson, Janet Jackson, Paula Abdul and Debbie Allen are a few of those names. “While I was working with these artists I would study their every move. I consider that the best education I could have in my lifetime and now I want to share that knowledge” says Locust.

The Locust Technique takes you through a series of specialized warm-up exercises giving you the tools to execute the crisp choreographed movements of the Locust Dance Structure (allegro dance combinations) segment.

Jimmy Locust creator of The Locust Technique believes that the warm-up should be danced with the same intent as the center floor routines and choreographed combinations across the floor.

The Locust Technique has an underlying emotional quality that drives the technique. It is not a specific emotion but the emotion that is naturally inspired by the movement itself. Jimmy calls that place “The Zone”.

Now prepare yourself to experience the next wave in dance instruction taught by one of the most sought after master teacher/choreographers in the business. Enjoy The Locust Technique!

# The Three Point Flat Back Series



2nd Position Parallel



Flat Back Position

## CENTER

COUNTS 1-4

Start by standing in 2nd Position Parallel.

Hands draw up thighs to the ribcage  
elbows out

COUNTS 5-8

Extend arms forward and torso goes to Flat  
Back Position while knees bend slightly  
(demi-plie)

COUNTS 1-4

Recover to standing position with arms  
over head as your knees straighten

COUNTS 5-8

Arms press down to thighs as your core  
muscles lift

## RIGHT

COUNTS 1-4

Hands draw up thighs to the ribcage  
elbows out

COUNTS 5-8

Extend arms V-position and torso goes to  
Flat Back Position to right corner  
while knees slightly ben (demi-plie)

COUNTS 1-4

Recover to standing position  
facing right corner with arms over head  
as your knees straighten

COUNTS 5-8

Arms press down to thighs  
as your core muscles lift

## Left

COUNTS 1-4

Hands draw up thighs to the ribcage  
elbows out

COUNTS 5-8

Extend arms V-position and torso goes  
to Flat Back Position to left corner while  
knees slightly bend (demi-plie)

COUNTS 1-4

Recover to standing position with arms  
over head as your knees straighten

COUNTS 5-8

Arms press down to thighs as your core  
muscles lift

**Technique Note:** Remember when doing a Flat Back that the vertebrae starts at the tailbone and ends at the head not the shoulders. The neck is a part of the back so to do a correct Flat Back the head should be facing down. If standing the body should make an exact right angle to complete a perfect Flat Back.