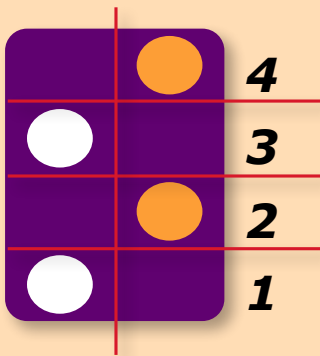
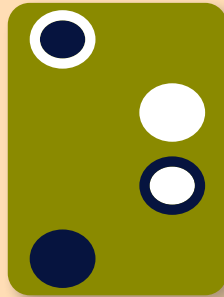


# The 3 Basic MUVES - Overview



Basic MUVE icons symbolize four counts of musical beat. The circles indicate human steps. It never matters which foot you are using first.

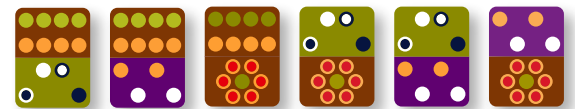


A solid circle indicates a leg that is supporting the body's weight. Outlined circles indicate a leg that has been relieved of supporting the body and is having fun accentuating the beat.

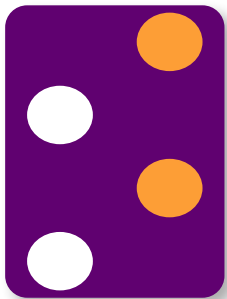
The 3 Basic MUVES are the elementary building blocks for human movement. They are very simple, and anyone can do them. The Basic MUVES help people, who believe they can not dance, realize that moving to music is as easy as 1-2-3. Practice of the Basic MUVES improves dancing skills and confidence.

*See video tutorials on the 3 Basic MUVES and their Combinations and Variations at the Method Page of the MUVE website.*

<http://muve.com/method>



## Walk

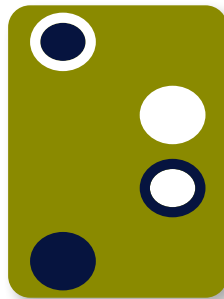


### Step - Step

Shift weight from one foot to the other in a repetitive motion.

Fast or slow, big or small, left or right, you can go anywhere with endless variations.

## Tap

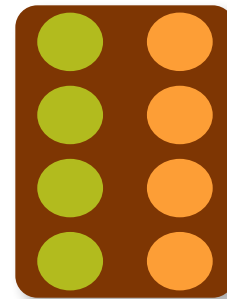


### Step - Tap (Accent)

Only every 2nd beat gets a weight shift. The weightless other foot is free to accentuate the 2nd & 4th beat.

You can also put the "weightless accent" on the 1st & 3rd beat

## Root



### No Step

Balance is centered on both legs and knees are bent. A hop is a rooting muve.

Below is the symbol for rooting on one leg only.



### Tap - Step (reverse Tap)



### Root B

**muve**

