

A person's legs are shown from the knees down, wearing gold sequined high-heeled shoes. The person is standing on a silver pole. The background is a soft, light pink color. The text "FINDING THE EDGE PART TWO" is overlaid in the center in a bold, black, sans-serif font. Below the title, the text "with Emily Laura" is written in a black, cursive font, followed by a decorative flourish. At the bottom of the image, the website address "www.emilylaura.com" is displayed in a black, sans-serif font.

FINDING THE EDGE PART TWO

with Emily Laura

www.emilylaura.com

FINDING THE EDGE

PART TWO

Take a deep dive into the beautiful technique of edgework.

Over the course of six tutorials, you'll be exploring and developing edgework movements, learning technique, movement initiation, and stylisation.

Each class will include conditioning relevant to the class focus: ankle and foot; hips; glutes; core control; upper body - edgework really is a whole body movement.

By the end of the course, you'll have a broad repertoire of edgework moves along with an in-depth understanding of the technique and conditioning behind the moves.

with Emily Laura 

THE CORE CLASSES

Class One - Flawless Foundations

Foundations: the underlying principles or basics. In this first class, we'll be perfecting our foundation edgework moves, such as box breaks, flex drags and some spins, ensuring we have a solid base before progressing on to more complex moves.

Class Two - Breaking Over the Edge

Box breaks are synonymous with edgework! In this class, we'll be taking our box breaks and carves, and applying these techniques to more advanced moves, such as ankle rolls, turns and roll overs.

Class Three - Pivoting on the Edge

Here we're exploring rotational movement using all the edges. You'll learn pivots around the pole, pivots over the wing of the shoe, stiletto turns, speed play, and so much more.

with Emily Laura 

THE CORE CLASSES

Class Four - Drag the Edge

It's time to glide, drag and spin! Working on linear drags and big rotational spins around the pole, all whilst playing with the edges of the shoe. Expect dramatic spins and slick swooshes.

Class Five - Tantalising Transitions

Taking everything we've learn in the preceding classes, we'll be linking these moves together to create some beautiful transitions to add to your repertoire.

Class Six - Sequence Time

Here you will learn a sequence of flowing edgework moves. We'll be using moves that you've learnt as part of this course, as well as a few new ways to link and move around the pole. This sequence isn't set to music, so you are free to add your own musicality to it.

with Emily Laura 

CONDITIONING CLASSES

Shoulders, Arms and Core

Edgework takes a lot of upper body strength and awareness. Whilst a lot of focus is, understandably, given to our feet, we need to be able to support with our upper body and understand when the weight transfers from upper to lower, and vice versa. This conditioning class covers some of Emily Laura's favourite upper body exercises, including nerve glides, mobility, strength, pole technique and stretches. (Don't worry, there's lot of foot and ankle conditioning in each class!)

Big Toe Conditioning Class

The big toe is a really powerful part of the foot. It bears twice as much weight as the other four toes combines, as well as providing stability, propulsion, steering and shock absorption. This tutorial focuses on conditioning the big toe, to help with your calf raises either in heels or barefoot. You will need a yoga block, tennis ball, pole/wall and a small towel.

with Emily Laura 

ADDITIONAL INFORMATION

What's the difference between Finding the Edge Part 1 and Part 2?

Part 1 takes a deep dive into edgework foundations, exploring key edgework movements, learning technique, movement initiation, and stylisation. Part 2 builds on Part 1, exploring more technical moves, transitions and sequences, building on the foundations explored in Part 1.

I haven't done Part 1. Can I still do Part 2?

Part 1 does dive deep into the nuances of edgework, and provides a solid understanding of the foundation moves and key concepts, so I would recommend starting there. Part 2 will cover some of these concepts, but will mainly build on them. Class 1 of Part 2 will cover key moves that you need to know. In short, you can start with Part 2 if you have experience in heels, but it is recommended that you start with Part 1.

with Emily Laura 

ADDITIONAL INFORMATION

What are the pre-requisites?

Pre-requisites for Part 2: comfortable in pirouettes and beginner pole spins (such as chair spin), ability to lift weight and feet off the floor in split grip, ability to lift feet off the floor and pull up in a pole hang. All of these should be able to be done in heels!

How is this course delivered?

All the classes are pre-recorded. They are delivered just like a live class, with a warm up, conditioning, core moves and a cool down, so you can do them as a follow along. However, you may wish to pause the recording so that you can work on the move some more.

The classes are filmed with a HD camera, external microphone plus close up shoe angles, in order to give you the best virtual learning experience.

with Emily Laura 

ADDITIONAL INFORMATION

How long do I have with the classes?

The classes are downloadable, so you can keep the material forever. Just please ensure that you download them before the 3 month subscription expires.

In order to download, there will be a download button on the bottom right hand corner of the screen. You may need to press play to see it. You may need to be on a laptop too.

What heels are best?

7 or 8 inch sandals are recommended for edgework. A silicone strap will give you a bit more security. Boots are possible, but the softer the better (definitely not PVC!)

If you have any more questions, send me an email - emilylaurayoung@hotmail.com

with Emily Laura 

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