

# POLISH CHECKLIST - WALK

## <Posing>

- Movement flows well from one pose to another- shouldn't be jerky or floaty
- Add texture: not every pose or move is the same
  - Avoid twinning, robotic movement
- Side to side movement (in x-axis) of body, feet
- Chest rotation
- Make sure feet aren't going through the ground, and limbs aren't going through the body!

## <Track Arcs>

- Elbows, Wrists
- Feet (Heel and Toe)
  - Feet should roll off the ground, then swing forward to get to the contact position



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- Knees
  - Make sure there are no knee pops! Adjust rotation/height of feet, position of COG, rotation of hips, etc. to get rid of knee pops
    - \*\*may need to check arcs again after adjusting
  - Knees should ease in/ease out of position
- Hips
  - Should have a bouncing ball-like motion trail
- Head

## <Drag, Follow Through>

- Arms, head, fingers
- What is leading the movement? What is following?
  - ex) hips lead movement, chest follows hips, head follows chest
  - ex) shoulders lead movement, elbows follow shoulders, wrists follow elbows.
  - ex) heels lead movement, toes drag behind
- Offset rotations to create smooth overlap and follow through
- Make sure to have ease ins/ ease outs