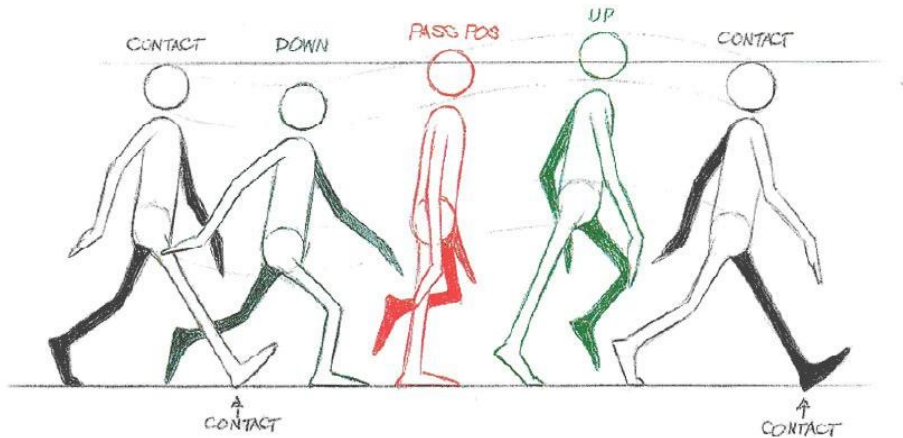


W

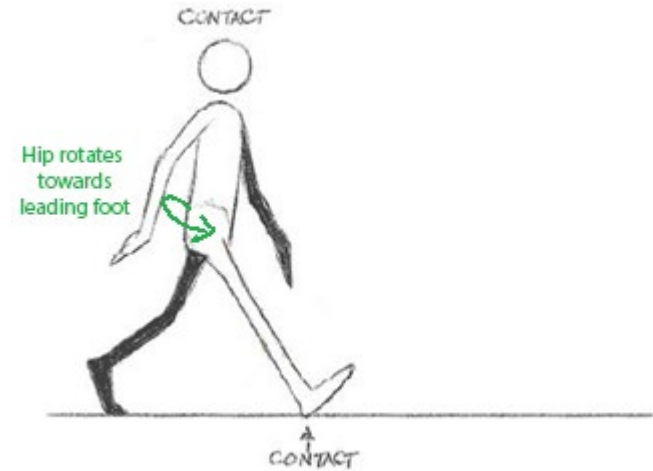
WALK CYCLE CHECKLIST

- Walk cycle workflow:



- First block out the **contact** poses
- Put in the **passing** pose
- Add in the **down** and **up** breakdowns

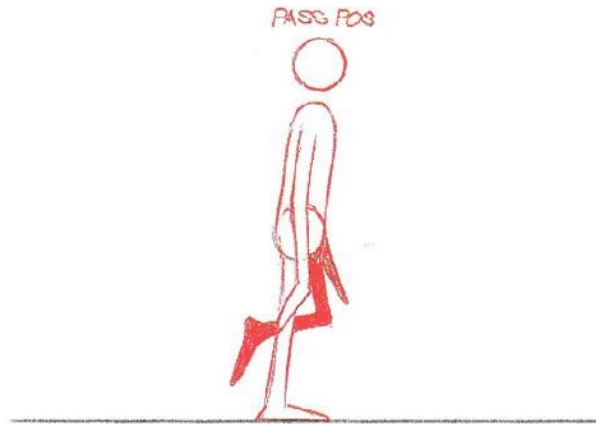
- Contact



-
- Hip should rotate with the leading foot

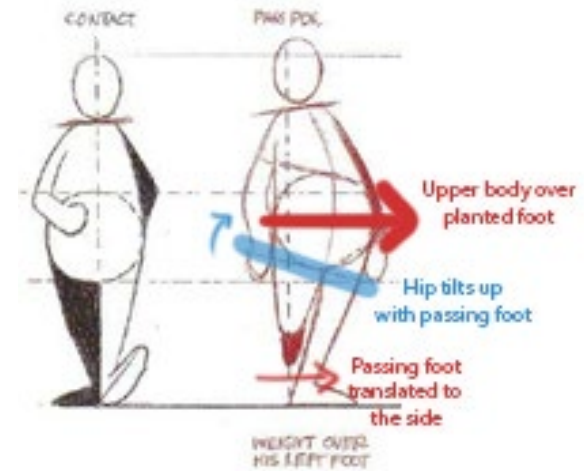
WALK CYCLE CHECKLIST

- Passing (side view)



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- The passing foot should be off the ground. Its toes should be dragging behind (reluctant foot)
- Planted foot needs to stay 100% planted

- Passing (front view)

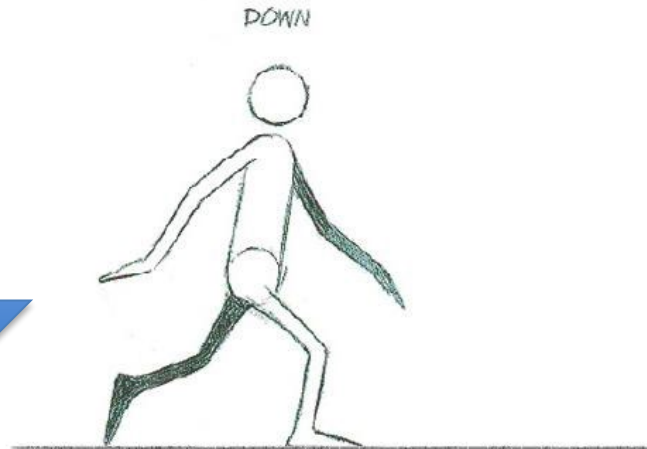


-
- Upper body mass should be translated over the planted foot (that leg is supporting all of the weight)
- **Hips should tilt up with the foot that is bearing the weight (image has the wrong rule!!)**
- The passing foot should either taking an inward or outward path, so in this pose, translate the foot to either side

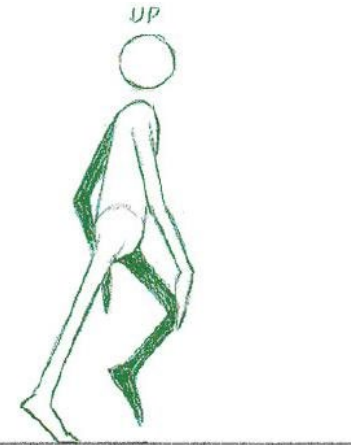
• Down

WALK CYCLE CHECKLIST

• Up

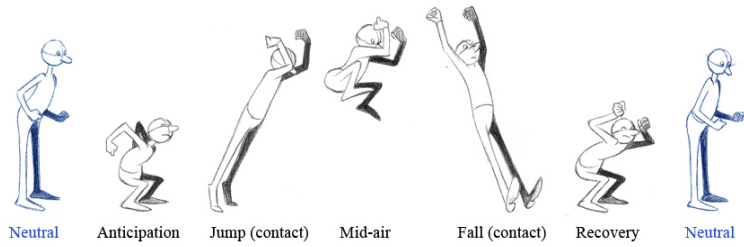


-
- Upper body should translate down
- Front foot needs to plant down
- Back foot should not be lifted off the ground just yet; most of the foot should be rotated off except for the tippy toes



-
- Upper body should translate up
- Planted foot will start to peel off the ground
- Passing foot still needs to have some drag as its way to contact pose

WALK CYCLE CHECKLIST



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