

Leyla Najma's Hip Philosophy

Photo Shoot Combos

Veil Dip and Twirl

Have veil evenly distributed between your right and left arm.

Dip down with right arm and angle body to left side/right leg crosses left leg and you place weight on right leg.

Dip down with left arm and angle body to right side/left leg crosses right leg and you place weight on left leg.

Left arm circles back around head (counter clockwise) and you do a full turn back left around as veil comes in front of you. You do your cross arms and bring the veil back behind you.

Veil 3 Step Turn "Stop!"

This is a great way for the photographer to catch your veil and skirt in motion. Plus your feet will be in better position. Sometimes they can come out really twisted or pigeon toed. I usually turn back and around so that I can breathe as I start and then focus on my facial expression. Remember to go a little past center so that you give your side to the camera instead of a dead on move that can make you look square.

Sometimes it's just as beautiful to look down and away from the camera. It's not always about looking into the camera, it's about creating a presence or private moment caught on film.

Madam Boozy Sweep Turn

Right leg pointed as you draw a circle with your foot but really flair out your skirt when you do this. Left leg pointed as you draw a circle flaring out your skirt and then right leg circle turning back (clockwise) full turn around. You can use your veil with your skirt so that you have that nice extended look to your turn. Arch your back as you go back around so that the photographer can catch you before you come back to center.

Miabella Lift

Step forward left leg and bring right leg up and extend up with the knee bent. Make sure your right hip lifts up with the leg lifting up so that you have a good stretch. If you have a veil this is great for in-place motion shots that have a lot of energy to them. Alternate sides

Skirt Flair and Twirl

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Right leg forward step/left leg back side step /right leg back step/left leg side step turning foot to left as you turn back and around (counter clockwise) pivot turn. But make the turn fast as you face the camera and extend your skirt out with both arms as you turn so that the photographer gets your skirt in motion.

Side leg extend and cross with Veil or Skirt

This is a great move to do that is wonderful for walking towards your photographer.

Right leg extend and cross in front of left leg/left leg extend and cross in front of right leg

You can angle the leg extension so that you give the photographer your side instead of a dead on walk.

Add on

I then will do a leg extension towards the photographer. Then turn with right leg circle back away from camera/change weight to right side and angle and turn to face photographer with an over the shoulder pose and maybe veil twirling slightly around you.

Hip Thrusts and Down/up/out Hips

(Arms are positioned up or angled)

Right hip side thrust walk forward/left hip side thrust walk forward

Right hip down/up/out

Left hip side thrust walk forward/right hip side thrust walk forward

Left hip down/up/out

You can do these moves in a circle so that the photographer can photograph you from various angles

Twist Back Hips

The twist back hips are great for photographs because you can do them in a circle or towards the photographer. Arms can be behind the head or in an L position.

Step forward and place weight on right leg/right hip twist back as foot is flat/place weight on left leg and twist back again on right hip. You can alternate with down/up/out hips for a nice variation.