



Alpha Kappa Alpha Sorority, Incorporated®



# Leadership Seminar

## Pathways to SOAR:

Expanding Your Leadership Potential

*Set It Off Sorors: A Masterclass on AKA Strolls*

*Soror LaDácher N. Jackson, Soror Tatum H. Rodgers, Soror Lisa M. Thompson*

*Chicago*



# *Strolling is in our DNA*

- Foundations in the African Ring Shout
- Performed in counterclockwise motion
- Symbolizes the connection to the past, present and future



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# *Should You Stroll?*

- ✓ Are you reasonably coordinated?
- ✓ Do you know right from left?
- ✓ Do you catch on to movement quickly?
- ✓ Do you want to represent with pride, style and class?

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# Party Walking 101

- Keep it classy
- Dynamics
  - Traveling
  - Direction
  - Levels
  - Tempo
- Musicality
- Full of signature moves
- Intricate
- Strong Head/Strong Tail
- Confidence
- Fun!!!



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# *This is How We Do It!*



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Thank You