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## Key to Personality

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## Key to Personality

# Your Walk

By Suzanne Guernsey, H.Ec. 3

**Y**OUR MANNER of walking is your audience's key to your feelings, your attitudes, your way of life.

When you walk with your head thrust forward, dragging your hips behind, you give the impression of being anything but feminine. Dropping your foot like a brick, as if each step you take is an effort, makes you appear not only extremely weary, but three times your age.

If you slop along, walking out of your shoes, you create an uneasy air of carelessness and laziness. The sad thing about these ways of walking is that they unintentionally become a part of you and are with you the rest of your life.

Think of all the times you walk. You walk into a crowded room and take a seat. You walk into a prospective employer's office for an interview. You walk up the aisle of a church on the arm of an usher who seats you, or up that same aisle on your father's arm to meet the man you love. Add music and a step pattern and your walk becomes a dance.

How important your walk becomes now. It is no longer just a means of motivation; it becomes YOU. Reflect your spirit of youth and body in your walk.

The emphasis on a young, proud, feminine walk is on the upward lift. Therefore, when you walk, walk tall. Then your head is lifted, your chest leads, and everything else falls into its proper walking place.

Walk with longer, but still perfectly graceful steps. The secret, here, is to keep your knees slightly flexed and walk from the hips, remembering not to wiggle. Your walk improves and so does the appearance of your legs.

Start your walk on the heel, move forward, and push off from the ball of your foot. This puts a subtle bounce into your walk.

A final clue towards improving your walk is to just walk more. Walk for fun!

Once these ways of walking take over and become a part of you, they, too, will be with you the rest of your life. Soon your audience will notice how much more appealing you've become.



Dottiegene Don Carlos, H. Ec. 4, learned the importance of correct walking while taking modern dancing.

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