

CAKE SCIENCE

THE COMPLETE TWERK CURRICULUM

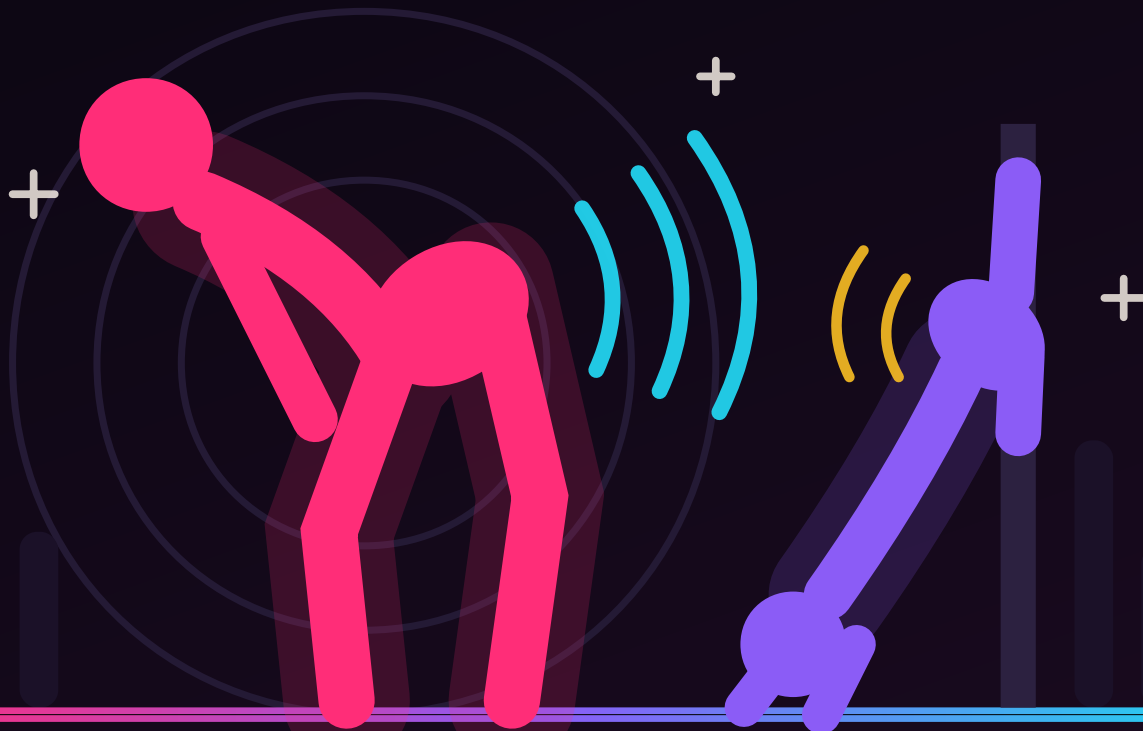
Anatomy → mobility → mechanics → moves → main-character energy. A structured, no-fluff progression from your first pelvic tilt to **down-boots-the-house** on a Saturday night floor.

ANATOMY-BASED

MOBILITY FIRST

CLUB-TESTED

GYM CROSSOVER



LV 0 · MOBILITY

LV 1 · THE ENGINE

LV 2 · FLAVOR

LV 3 · DOWN BOOTS

RESPECT THE ROOTS

Before the cake goes airborne: twerk isn't a TikTok invention. It's a Black dance lineage centuries deep. Knowing the story is part of doing it right.

CENTURIES AGO

West & Central Africa

Pelvic-isolation dances like **Mapouka** (Côte d'Ivoire) live in ceremony and celebration — hip and glute isolation as skilled, expressive movement, not scandal.

BLACK ATLANTIC

Diaspora carries it

Through the transatlantic slave trade, these traditions survive and evolve across the Caribbean and the American South — dancehall wining, Haitian kole, second-line culture.

1990s NOLA

Bounce names it

New Orleans bounce — DJ Jubilee's 1993 "Do the Jubilee All" puts the word **"twerk"** on record. Big Freedia carries the scene worldwide. ~180 BPM, call-and-response, project-block energy.

2010s → NOW

Global takeover

YouTube, the 2013 VMAs moment, then TikTok make it planetary. Studios teach it as legit dance fitness; championships exist; your WeHo floor is one node in a very long story.

THE ETIQUETTE CLAUSE

Twerk is Black culture shared with the world. Dance it with joy, credit where it comes from, and never as a punchline. Confidence: yes. Mockery: never. That's the whole rule.

WHY IT'S ALSO A WORKOUT

- ▶ **Cardio:** a 30-min session burns a few hundred calories — power-yoga territory.
- ▶ **Strength:** quads, hamstrings, core and lower back hold you in a loaded squat the entire time.
- ▶ **Mobility:** trains hip and lumbo-pelvic range most gym lifts never touch.
- ▶ **Pelvic floor + confidence:** yes, both. Science and the girls agree.

WHAT THIS GUIDE TRAINS

- ▶ **Level 0:** the mobility your desk job stole from you.
- ▶ **Level 1:** the pelvic-tilt engine — the ONE mechanic behind every move.
- ▶ **Level 2:** flavor — pops, jiggles, bubbles, circles, walking it.
- ▶ **Level 3:** wall twerk, floorwork, speed, and full diva deployment.

STARTER PLAYLIST — PAY THE CULTURE, TRAIN THE ENGINE

DJ Jubilee

"Do the Jubilee All"
the origin record ·
full send

Big Freedia

"Explode"
bounce royalty ·
~180 BPM

Juvenile

"Back That Azz Up"
the eternal
syllabus

Megan Thee

Stallion

"Body"
modern drill tempo
· ~130

City Girls

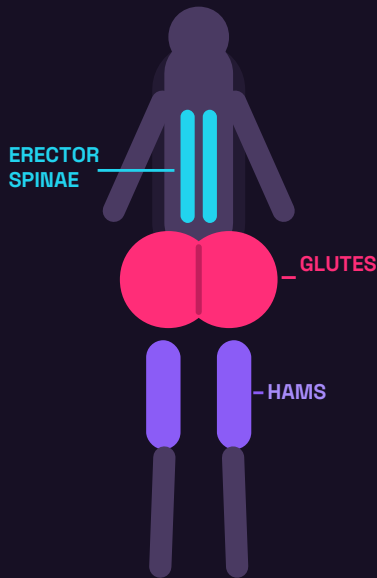
"Twerkulator"
literally the
assignment

Practice slow (85–100 BPM) → graduate to bounce tempo. Full genealogy of bounce: start with anything Big Freedia touched.

ANATOMY OF A BOUNCE

The counterintuitive truth: the muscles everyone stares at are the ones doing the LEAST. The engine is hidden in your lower back and hips.

REAR VIEW • WHO DOES WHAT



ERECTOR SPINAE — the arch motor

Runs along your spine. Contracts to **arch** your lower back and tilt the pelvis so the cake points up. This is where beginners feel the burn. If your low back is screaming in minute two — normal, it gets conditioned.

HIP FLEXORS + LOWER ABS — the tuck motor

They snap the pelvis **under** (the tuck). Arch and tuck alternating = the bounce. Desk-job hip flexors are short and cranky — that's a mobility problem, not a talent problem. Page 4 fixes it.

QUADS + HAMSTRINGS — the chassis

You live in a quarter-to-half squat the whole time. Quads hold the depth; hamstrings stabilize. This is why leg day is secretly twerk day.

GLUTES — the passengers (mostly)

Plot twist: for the signature jiggle, glutes stay **RELAXED**. Loose tissue moves; flexed tissue is a statue. You only fire them deliberately for sharp "pop" and "bubble" accents. Squeezing the whole time is mistake #1 on the entire planet.

GOLDEN RULE: TENSION KILLS THE JIGGLE

Structure below (legs, core braced ~20%), party on top (glutes + hips loose). If someone poked your cheek mid-twerk it should wobble. That is the physics of the entire art form.

THE FIRING SEQUENCE — ONE BOUNCE, FRAME BY FRAME

BEAT 1 • ARCH

ON — erector spinae

ON — quads (holding squat)

OFF — glutes (loose!)

OFF — hip flexors (lengthening)



BEAT 2 • TUCK

ON — lower abs + hip flexors

ON — quads (still holding)

OFF — erectors (full release = jiggle)

OFF — glutes (still loose!)

Notice what never changes: quads always on, glutes always off. The dance is your erectors and hip flexors playing ping-pong at 180 BPM.

PRE-FLIGHT MOBILITY

Cold hips + cold lumbar = how people pull things. 6–8 minutes, every session, no exceptions. Also fixes the desk-chair pelvis that can't arch yet.

1

Cat-Cow x10



On all fours. Slow arch, slow round. This IS the twerk motion, horizontal. Wake up the spine segment by segment.

2

Standing Pelvic Tilts x15



Hands on hips, knees soft. Tilt pelvis forward-back ONLY — ribs stay still. Groove the isolation before you load it.

3

Hip Circles x10 / side



Big lazy circles like stirring a pot with your hips. Both directions. Balance + range for circles later.

4

Leg Swings x10 / leg



Hold a wall. Front-back, then side-side. Dynamic hip opener — do not skip if you sat all day at the data mines.

5

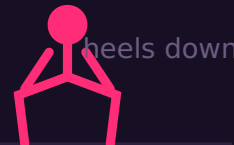
90/90 Hold 45s / side



Both knees at 90° on the floor, chest tall, lean over the front shin. Internal + external hip rotation — unlocks the deep squat positions of Level 3.

6

Deep Squat Hold 45s



Heels down, chest up, elbows push knees out. Your home base. If this is hard, THIS is your homework before anything else.

GYM CROSSOVER — LIFT FOR THE TWERK

- ▶ **Hip thrusts + RDLs:** power and hamstring resilience for hours of bent-knee bouncing.
- ▶ **Back extensions / good mornings:** condition the erector spinae — your arch stamina literally lives here.
- ▶ **Cossack squats + deep goblet squats:** range under load = effortless low positions in heels.

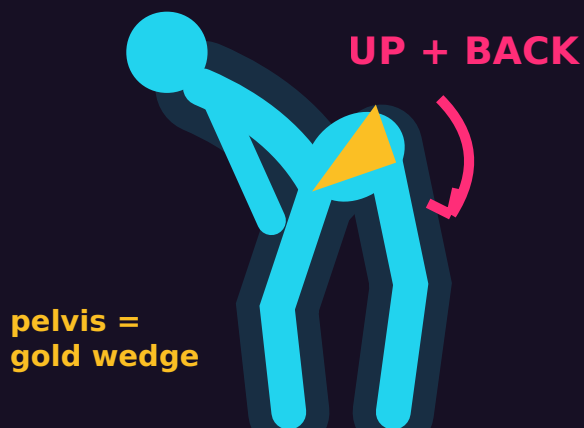
DESK-BODY WARNING SIGNS

- ▶ Arch feels "blocked"? → tight hip flexors. Add couch stretch, 60s/side, daily.
- ▶ Can't relax glutes? → you're over-bracing. Shake out, exhale, drop the tension.
- ▶ Low back pinches (not burns)? → stop, reduce arch depth, resume smaller.

THE PELVIC TILT ENGINE

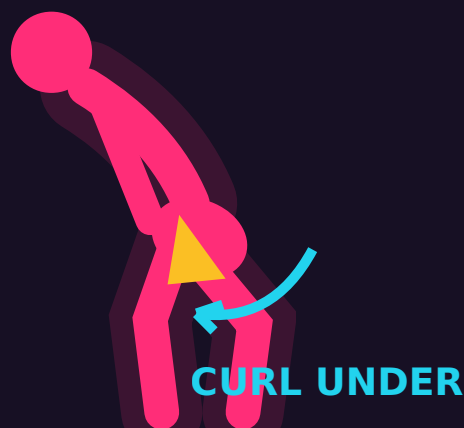
Every twerk move on Earth is this: pelvis tilts back (ARCH), pelvis snaps under (TUCK), on a loop, while everything above the ribs pretends nothing is happening.

PHASE A — ARCH (cake up)



Low back squeezes. Tailbone aims at the ceiling. Chest stays where it was.

PHASE B — TUCK (cake under)



Abs + hip flexors snap the pelvis under. Back muscles fully RELEASE — the release is the jiggle.

THE DRILL — EARN YOUR ENGINE

- ▶ **Setup:** feet a bit wider than shoulders, toes ~30° out, quarter squat, hands on thighs, chest proud.
- ▶ **Slow reps:** 2 seconds arch, 2 seconds tuck. Exaggerate. Feel WHICH muscles fire and which release.
- ▶ **Cue:** "try to touch the back of your head with the cake" on the arch. Sounds unhinged; works instantly.
- ▶ **Mirror check:** shoulders must be a still photograph. If your chest bobs, slow down.

TEMPO LADDER

WK 1 • 60 BPM — half-speed, giant range, hands on knees

WK 2 • 90 BPM — full range, hands off knees

WK 3 • 120 BPM — smaller, springier reps, add knee pulse

WK 4 • SONG SPEED — bounce rides the knees, tilt rides the beat

Secret: at speed, the knees pulse and the pelvis micro-tilts. Speed is small + loose, never big + tense.

MOVES THAT **ACTUALLY WORK**

Three starter positions. Master order: knees → wall-assisted → free-standing. Each one removes a balance problem so you can focus on the engine.

MOVE 1

HANDS-ON-KNEES CLASSIC



- ▶ Squat, hands braced on knees, weight forward, back flat-ish.
- ▶ Run the engine: arch-tuck on the beat.
- ▶ Arms take the balance job — hips get 100% of your brain.
- ▶ **Look back at it.** Non-negotiable.

MOVE 2

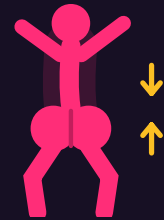
WALL-ASSISTED LEAN



- ▶ Forearms on wall, walk feet back, hinge and stick it out.
- ▶ The wall deletes the balance problem — most people land their first clean bounce **HERE**.
- ▶ Experiment: deeper squat, wider stance, single-side pops.

MOVE 3

FREE-STANDING UP-DOWN



- ▶ Stand tall-ish, knees soft, arms free (snap, wave, hair — your call).
- ▶ Bounce comes from knee pulse; tilt rides on top of it.
- ▶ Alternate: 4 counts arch-tuck, 4 counts just bounce. Blend = your first freestyle.

FORM CHECKS — RECORD YOURSELF, GRADE THESE

1) Shoulders frozen? 2) Knees never lock? 3) Glutes visibly loose (jiggle on release)? 4) On beat at HALF speed before full speed? Four yeses = advance to Level 2. Anything else = one more week, no shame, the cake respects patience.

PRACTICE SOUNDTRACK LOGIC

Learn at **85–100 BPM** (slow trap, dancehall). Graduate to **bounce ~180 BPM** — you'll hit every OTHER beat at first and that's correct. Song too fast? You ride half-time. That's a pro move, not a cop-out.

SESSION SHAPE (20 MIN)

6 min mobility → 6 min slow engine drills → 6 min moves with music → 2 min freestyle with zero judgment.
Three sessions a week beats one heroic Sunday.

THE VOCABULARY PACK

Same engine, new accents. These six are the difference between "doing the exercise" and "having something to say."

01 • THE POP

Booty Pop

One sharp arch ON the beat, then instantly release. It's a punctuation mark, not a sentence. Hit it on the "1", let the jiggle finish the bar. Alternate left/right hip pops for spice.

02 • THE JIGGLE

Loose Shake

Chest angled down, legs do a fast micro-bounce, glutes fully off-duty. The legs shake the cake — the cake does not shake itself. If your quads burn in 20 seconds, you're doing it right.

03 • THE BUBBLE

Percussive Shake

Jiggle + a quick glute contraction on every beat. Sharper, stage-visible, "is that CGI" energy. Community trick: practice bouncing the cake off an actual wall ("into the fence") to learn the rebound.

04 • CIRCLES

Hip Rounds

The bounce continues underneath while hips draw a smooth circle. Both directions. Standing, then in a deep squat, then in the bent-over position. This is the move that stops the scroll.

05 • TRAVEL

Shuffle / Walk-It

Tiny steps side to side (or a slow strut forward) while the engine keeps running. Suddenly you exist in SPACE. Slide-and-pop: step-slide left, pop; repeat right.

06 • THE LOOK

Look Back At It

Chin over shoulder, eyes at the cake or the camera, one eyebrow doing overtime. Performance research (the club) confirms: the look is 40% of the move.

COMBO BUILDER — 8-COUNT STARTER CHOREO

1-2

bounce x2

3

POP right

4

POP left

5-6

circle right

7

drop lower

8

LOOK back

Loop it. Then swap any cell for any other move. Congratulations, you now freestyle — freestyle is just combos you haven't planned yet.

MUSICALITY MAP — WHAT TO DEPLOY WHEN

INTRO

Intro: stand, sway, hip circles. Establish the character. Do NOT spend your best move here.

VERSE

Verse: steady bounce + travel steps. Cruise altitude. Pops on the rapper's punchlines.

BUILD

Build: slow it down, sink lower, tease. Contrast is the whole trick — quiet before loud.

DROP / HOOK

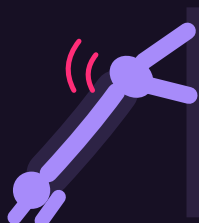
Drop: full engine. Jiggle/bubble at max, drop on the bass hit, look back at it. THIS is the clip.

ADVANCED DEPLOYMENT

Prerequisites: Level 2 clean at song speed, wrists/shoulders healthy, and you can hold a deep squat for 60s. These are strength moves wearing a party outfit.

BOSS MOVE 1

WALL TWERK (inverted)



- ▶ Hands ~30cm from wall, kick feet up so heels rest on wall (handstand-ish, wall holds you).
- ▶ Run the engine VERTICALLY — arch/tuck now reads as an up-down ripple.
- ▶ Build with wall-walks + 30s holds first. Sober. On a sturdy wall. Spot the landing zone.
- ▶ **Wrist prep:** 60s of wrist circles + palm stretches before EVERY inverted session.

BOSS MOVE 2

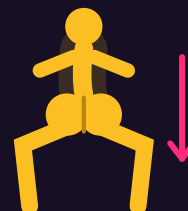
FLOOR WORK (all fours)



- ▶ All fours, knees wide, feet wider. Arch-tuck reads HUGE from here.
- ▶ **Knee butterfly:** alternate dropping each knee toward the floor — the cake swings side to side.
- ▶ Kneepads or carpet while learning. Floors in clubs are a biohazard; save it for the pit stage moment.

BOSS MOVE 3

DROPS + SPLIT-LEVEL



- ▶ **The drop:** from standing, hit a fast deep squat ON the bass hit, engine never stops. Control down, explode up.
- ▶ **Split-level:** alternate 8 counts low / 8 counts high. Levels = choreography for free.
- ▶ Death-drop adjacent: leave actual dips to the voguers until your knees sign the waiver.

SPEED & STAMINA PROTOCOL

Intervals, like the gym: **20s max-speed jiggle / 40s easy bounce × 8 rounds**. Twice a week. In two weeks a full song stops being cardio and starts being a runway.

CLUB DEPLOYMENT RULES

Scan your radius (drinks + strangers), **grippy shoes or committed boots** — nothing in-between, **hydrate** between sets, and never wall-twerk on a wall you haven't personally load-tested. The diva is also the safety officer.

FIX THE BUGS, RUN THE PLAN

Nine out of ten beginners ship the same five bugs. Patch these and you level up in a single session.

BUG 01 • Locked knees

Symptom: bounce dies instantly.

Patch: constant soft bend.

Knees never reach full extension, ever.

BUG 02 • Gripped low back

Symptom: tense over-arch, pelvis frozen.

Patch: exhale, shrink the arch 30%, let the tuck fully release.

BUG 03 • Flexed glutes

Symptom: statue cheeks, zero jiggle.

Patch: tension audit every 30s. Loose is the whole technology.

BUG 04 • Speed before control

Symptom: fast chaos, off beat.

Patch: half-speed until boring, THEN accelerate. Control compounds.

BUG 05 • Skipping warm-up

Symptom: tweaked low back, cranky hips.

Patch: page 4, six minutes. Cold cake is fragile cake.

BUG 06 • Whole-spine wave

Symptom: chest bobbing, back bending, hips asleep.

Patch: the motion is a pelvis TILT, not a spine bend. Freeze the ribs.

THE 4-WEEK DEPLOYMENT PLAN • 3x / WEEK • 20 MIN

WEEK 1

Mobility + slow engine. Hands-on-knees only. 60 BPM. Film day 1 — you'll want the before.

WEEK 2

Wall-assisted + free-standing. 90 BPM. Add pops. Pass the 4-point form check.

WEEK 3

Full Level 2 pack: jiggle, bubble, circles, travel. Run the 8-count combo until automatic.

WEEK 4

Song-speed everything + intervals + first floorwork. Film again. Gag at the difference.

FINAL DIVA CHECKLIST — BEFORE THE FLOOR SEES YOU

Engine automatic at song speed ✓ • Two moves you own completely ✓ • One 8-count combo in muscle memory ✓ • The look rehearsed ✓ • Fit: stretch fabric, grippy soles or committed boots ✓ • Knees warm ✓ • Zero apologies loaded ✓ — now go. The floor was never watching to judge. The floor was watching to LEARN.

THE DIVA METER — WHERE ARE YOU TONIGHT?



Every diva on that meter started at the left end. The meter only moves in one direction: 20 minutes, 3 times a week. See you at gold.