

POP DIP AND SPIN 101

Brief History of PDS/New Way Vogue and Ballroom

Ronald Omni & Muhammad Omni in How Do I Look Documentary -  Vogue History, Old Way

- Historical and cultural background/birth of performance

Old Way, or what was then called Pop, Dip, and Spin (PDS), was started in the 70's. It all started at an after-hours club called Footsteps on 2nd Avenue and 14th Street. The style's full name is Pop, Dip & Spin the Old Way. Paris Dupree was there and a bunch of these Black queens were throwing shade at each other. Paris had a Vogue magazine in her bag, and while she was dancing she took it out, opened it up to a page where a model was posing, and then stopped in that pose on the beat. Then she turned to the next page and stopped in the new pose, again on the beat. Another queen came up and did another pose in front of Paris, and then Paris went in front of her and did another pose. This was all shade—they were trying to make a prettier pose than each other—and it soon caught on at the balls. At first they called it posing and then, because it started from Vogue magazine, they called it voguing. (David DePino, as told to Tim Lawrence in *Voguing and the House Ballroom Scene of New York 1989-92, 2011* from [THIS Vogue article](#))

However, some other accounts state that Paris may have been in prison at the time (ballroom history, for the most part, is founded on oral tradition and only more recently being archived and documented).

Eventually, Paris brought the style to balls, which began appearing in Harlem, NYC around 1960's-70's, as a deviation from drag balls. As the ballroom began to flourish and houses began to form, Pop, Dip, and Spin began to evolve, moving from posing to a beat to adding elements such as hands performance, floor performance, precision of movements or angles, spins, and dips to finish the movement. Paris [Dupree] creates this, but at the same time, historically, hip-hop is on the rise at the same time in the Bronx and in Harlem. There's this conversation between breaking and voguing (Kia Michelle Benbow). Icon Jamal Milan notes that up until the 80's PDS was called that, or Performance, but began to adapt the name Old Way from the term Old School.

Why this happened is because a new generation of dancers and gymnasts came into the scene around that time, and added elements of contortion, extreme stretch, gymnastics, and abstract shapes to faster beats. From this new school of kids, the term New Way evolved, which made PDS known as Old Way, in order to make the judging more fair. (Note: the Icon Jamal Milan once said during his December 2023 workshop in Toronto that he was part of those new school kids who couldn't compete with the stretchier individuals, and thus competed in PDS/Old Way because they're old school).

Interestingly, while a popular rhetoric is that PDS evolved into New Way, which evolved into vogue femme. Other historical counts state that new way and vogue femme actually both branched out from PDS (aka the two styles evolved separately together).

Vogue is the paradigm for photographic modeling and structural pose. But it's more about it being the pinnacle, as opposed to a facsimile of the magazine(Ricky Tucker).

References:

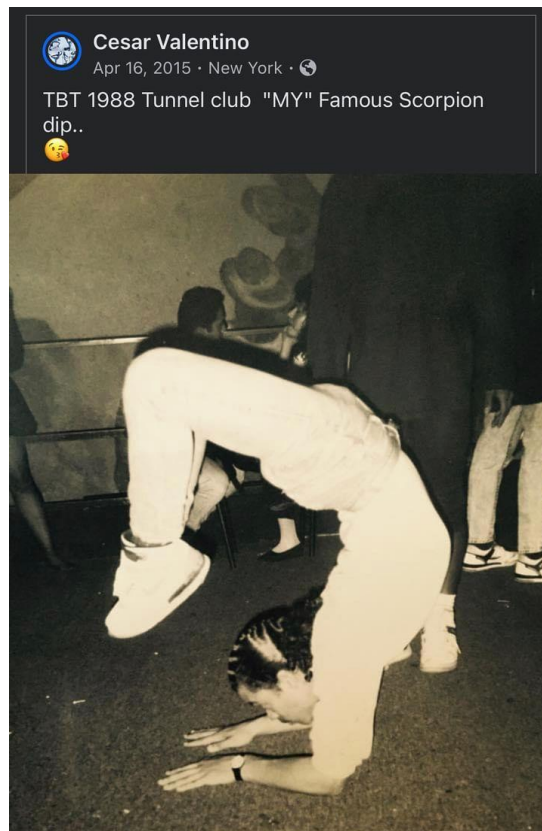
- <https://outhistory.org/exhibits/show/tgi-bios/willi-ninja>
- <https://jamalmilan.com/416008139/439287344>
- <https://www.vogue.com/article/oral-history-ballroom-pride-2023>
- **10 elements of PDS/Old Way:**
 - Precision/Pop, Dips, Spins, Poses, Locking, Hands/Line formation, Grace, Style, Catwalk and Strength
 - Also foundational: breakdowns
- **Essence of Old Way**
 - **Precision, grace and elegance**
 - **Poise, nostalgia, rustic, broken - not too straight/break it up/break it down**
 - No hesitation— FULLY COMMIT to the moves
 - Take your time/slower pacing and land moves on the beat
 - Every pose and move should be clean as if it could be taken as a picture, a pose on a vogue magazine - taking a 2D picture and turning into 3D movement in a syncopated or metered time
 - Keep it simple, keep it classic, less is more
 - “My story, my vogue.”
 - **Styles of Old Way:**
 - Classic Performance - FQ Old Way - predecessor of soft & cunt
 - Liyah Richards
 - Kristina Tsunami
 - etc more listed later on
 - Willi Ninja - Martial arts and fashion model influenced
 - Stevie St Laurent Style of PDS - Ronald Lemay, Muhammed Ultra Omni, Derrick Icon, Karma Stylz, Astro Oricci - nostalgic, street, rustic & raw
 - Jamal Milan - clean, lines, extreme precision, superhero-like, “Excalibur” style(with swords/weapons)
 - Dawan Milan - balanced fluidity and popping
 - Selvin/MC Debra - performance, shady and unbothered, aggressive locking
 - Banjee Old Way - swagger attitude, street, survival(PDS/performance for the Realness guys, this is NOT Realness with a Twist) - Icon Daebrian Balenciaga

- Old Way influences
 - Art reflects life - Icon Archie Burnett(Grandfather Ninja)
 - All voguing poses came from somewhere(the lived experience) and it really helps when we have context (to the shade of it all 😊) to help elevate how you move with that understanding
 - Martial arts(from Asian Period/Martial arts dramas, Willi Ninja also grew up around Asians so he took many influences there), lines, symmetry, hieroglyphics, gymnastics, yoga, popping(Electric Boogaloo, animation, tutting [more new way when done with faster speed - boxes], strutting)
 - Breaking & hip hop culture - dips are breaking freezes, many floorwork moves are inspired by breaking floorwork/footwork
 - During the rise of Vogue and ballroom culture in the 70s/80s, hip hop culture was also growing in the same city(started in the Bronx) so these cultures developed hand-in-hand in New York, the cross pollination of styles is very apparent in the movement and attitude
 - 80s was a lot of gang violence and a racially charged era - Icon Kristina Tsunami; moves and poses were inspired by self defense, tight stances, lack of far ranging movement and emphasis on survival/defence, designed to function in a prison cell than a ring
 - 52 Blocks is a defense form of hand and arm movements that was created in the prisons of NYC and mastered on the playgrounds of NYC
 - Many BQs were in prison at that time
 - Punking(the origin/root of W*acking) is a sister style of Old Way(Punking OG Viktor Manuel has confirmed this in person), similarity with the posing element, however very different intentions in the posing(Old Way is more 2D - magazine medium inspired FASHION poses, Punking is more 3D - Hollywood glam and MOVIE poses/moments)

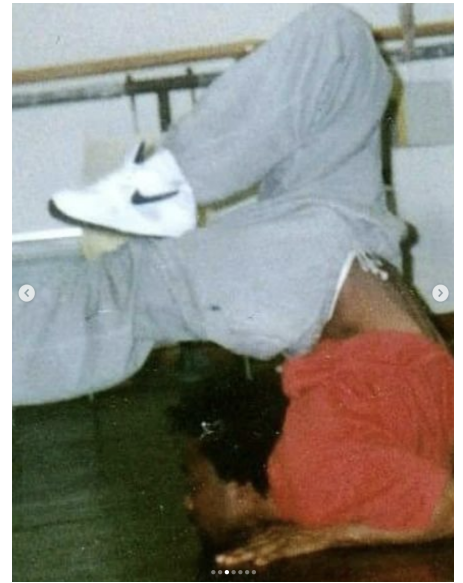
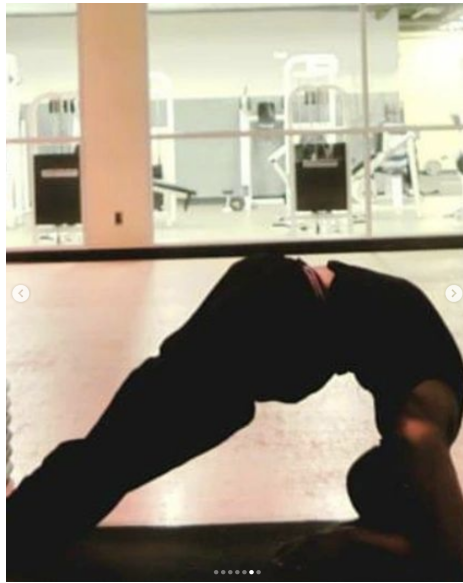
ELEMENTS

- ARMS
 - Cut
 - Place
 - Push with force - there's meaning: back off bitch!!
 - Make sure you're isolating arms only
 - Practice with legs and feet together - train core
- HANDS
 - Blades
 - Strike/attack
 - Knife hands
 - Blocking(throwing shade)
 - Makeup pact(Willi Ninja)
 - Framing edges of a frame
 - Frame the "artwork", don't shift the art - aka the face, waist, any body part you're serving
 - Mechanically framing altering a diff body part - think 2D magazine
 - "Flat image" presented toward the panel
 - Should not feel natural - make use of isolations
 - **Figure 8s - THE foundation for circular movement**
 - Using circles for transitions
 - Full arm
 - Elbow roll
 - Wrist roll
 - Can mimic instruments to match musicality - ie. shaking/flapping them to mimic tambourines/high hat sounds
- STANCES
 - Model T
 - Side lunges
 - Center martial arts style squat
 - No matter what position, you should always be spatially aware and in control of your body weight distribution(STRENGTH)
 - Very important to know how your own body moves, everyone is different!
- POP/POSING
 - 3 types of poses - according to Icon Koppi Mizrahi
 - Fashion poses
 - Exaggerating a moment of daily life
 - Extraordinary poses - stuff you wouldn't do daily
 - Techniques for variations
 - Ticking through your moves/poses

- Take time to really milk the pose
- Add textures and speeds
 - Popping(flexing your muscle to “freeze”/stop/hit) your poses
 - Using as a posing texture
 - Popping your shoulder(shimmy/shrug like to the rhythm of the music)
 - Use as a constant movement while you move
 - Using as a transitional texture
 - Don't over do it if you can't control it
- DIPS
 - Layout - your typical vogue dip
 - Can be broken down, can be held on just your head with arched back, arm positions can vary
 - Can have flat back in Old Way
 - Kansai Dip - any dip bending over the side of your body - breaking freezes are Kansai dips!
 - Inspired by Kansai Yamamoto mannequins
 - Chin Dip
 - Raise leg(it needs a tail!), lower chest to ground
 - Scorpion Dip



- Originated by Icon Cesar Valentino in 1988
- Yoga inspired
- Becomes New Way when done with extreme flexibility/stretch and/or contortion(butt getting close to head) - ie. Icon Stan Elle(images below)



- Break down your pathway to get to your dips, use circles as transitions
- Any pose on the floor with your HEAD TOUCHING THE GROUND is considered a dip!
- It's the period of your story!
- Create your own unique breakdowns into your unique dips!

CATWALKS

- Geisha style
- Marches
 - Clean leg movements
- Regular Vogue Femme Catwalk
 - But with less hips and more grounded
 - Still on your toes
 - Legs can be soft but arms are SHARP
- Shuffle steps
- Sideway hieroglyphic-like walk(very 2D)
- Less is more
- Grounded, not bouncy

- Calm/unbothered walking on beat is more Old Way/Classic performance leaning; PDS catwalk is more stylistic and sharp

DUCK WALK

- Very grounded and less bounce compared to Vogue Femme
- For the Willi Ninja Geisha Duck Walk - Back straight, open your chest more room for arms & movements
 - Healthier for your back too!
 - Lean back in your squat so you're using your THIGHS than putting weight on your knees/ankles
- Bouncy two toe hop style duck walk - The Ebony way

SPINS

- Turns:
 - Can be smooth or can be broken down/chopped up(pivots) - 360, 180, 90
 - Can reverse direction
 - Can go horizontally(during battles) but don't go too horizontal when traveling forward
 - Pivots (like AA runway, European runway)
 - Spot
 - Clean
 - Twist-o-flex like Popping
 - Isolations
- Other circular movement - head turns, wrist/arm/elbow/leg rotations etc

LOCKING

- Battle tactic where old way voguers intertwine their voguing by restricting/pinning/trapping their opponent in their moves
- **Have your foundations and performance down SOLID before you attempt locking**
- *Do not hyperfixate on this element!!*
- According to Icon Cesar, vogue is NOT a contact sport, even with locking, voguers should look like they're performing together not fighting/hurting the other person
- During cross style/OTA vogue battles:
 - Never touch the New Way voguer(they're already contorted and have highest chance of being in danger)!
 - Locking is allowed for Old Way vs Old Way, if you want to lock a VF, do so at your own precaution

NEW WAY 101

- Pioneered by the original Hector Xtravaganza
- Jose Xtravaganza elevated it - only he was a professional dancer; everyone else back then were self trained
- 3 TYPES:
 - Extreme contortion
 - Gymnastics- cartwheels, walkovers, stunts
 - Agile abstract(Icon Andre Mizrahi)
- Extension of Old Way with added flexibility, precision and (faster)musicality
- Curves and rounder/bigger movement(skipping break downs)
- Over extending and stretching
- Precisely and clearly placed lines/angles
 - Lines and angles crossing the center of body
- Faster pace than Old Way with more wrist based tuts and boxes
 - Arms control is an extension of New Way
- Contorting of body - “bone breaking”, clicking
 - But doesn't ALWAYS rely on flexibility
- Presenting movements but from a different level/perspective to make them more challenging/elevated
- Stretch is mostly there for accenting, they're power moves

Essence

- Come out ROYAL
- Every piece of your body is art
- Hitting all the lines, shapes with precision and grace
- Breathing through each motion with elegance
- Performing and giving a SHOW with flexibility but not all about flexibility
- Flow with the beat
- It's an artistry

Arms Control vs New Way Arms

- Both require clean & precise geometric shapes & pathways(Extreme precision of lines, boxes, controlling the precision and circles/transitions)
- Necessity for musicality & syncopation

Arms Control (Category)	Arms Control (Element of New Way)
A COMPONENT of New Way arms	
Emphasis on precision, speed & musicality	Required syncopation & musicality but not as fast & intense
Not supposed to move the rest of your	While performing New Way with the rest of

body/feet	the body
Not so much presentation but visual rhythmic representation or the music through shapes & pathways	More presentational
Sensation of lengthening/stretch not as important	Emphasized sensation of length

Clips:

<https://youtu.be/sMqPJQVfy8Q?si=fgeNXGhRQOsz4rb9>

<https://www.youtube.com/watch?v=cLvo7p5u-Zc>

MEDIA TO KNOW

- Malcolm McLaren, The Bootzilla Orchestra “Deep in Vogue” - pre-dates Madonna’s “Vogue” - https://youtu.be/Og3Px_7pL6I
- Paris Is Burning(1990 Documentary)
- My House (2018 TV Docuseries)
- Pose(2018-2021 TV Show)
- How Do I Look(2006 Documentary)
- Kiki(2016 Documentary)
- Strike a Pose(2016 Documentary)
- Check Your Body At The Door(2011 Documentary)
- LEGENDARY(TV Show)
- Love Is in the Legend (2022 Documentary)
- Breed of Motion (a performance group featuring W*acking/Punking & Vogue pioneers)
 - Tyrone Proctor, Archie Burnett, Javier Escuerdo, Willi Ninja and Bravo

MUSIC

- Deep house, slower house, disco conversion/transformed into house(specifically in Chicago)
- End of 1970s, it was during the end of disco era - disco sucks/anti disco era
 - There were people that hated on the image and roots that disco was associated with - gay/queer/femme
 - But people wanted to keep disco and transform it to keep it in clubs
 - Frankie Knuckles
- Paradise Garage
- Disco Demolition Night
- [PDS ANTHEMS:](#)

- Love is the Message
 - Ooh I Love It(Love Break)
 - Let No Man Put Asunder
 - Doctor Love
 - Love Thang
- [PDS BEATS PLAYLIST](#)

PEOPLE TO KNOW - *UPDATING (in no particular order)*

- Icon Paris Dupree
- Icon Willi Ninja
 - the make up pack (throwing shade move)
 - The geisha duck walk
- Icon Andre Mizrahi(New way Icon!!)
- Icon Jerome Pendavis
- Icon Muhammed Ultra Omni(raw, rustic, nostalgia)
- Icon Cesar Valentino
 - The original scorpion dip
- Icon Stan Elle(fluent in all 3 vogue styles!! Performance Icon)
- Icon Selvin/MC Debora(the dramatic/sassy/CUNTY Old Way)
- Icon Tim Princess Lanvin
- Icon Ronald Lemay - Milan (THE PDS)
- Icon Jamal Milan
 - The Walk around
 - Pivoting on the floor with one hand on floor
 - Back breaker dip(10 poses)
- Icon Derrick Xtravaganza
 - Old & New Way
- Icon Jose “Stiffy” Revlon
- Icon Jose Xtravaganza
- Icon Dawan Milan
 - POP POP POP POP POP
- Icon Archie Burnett Grandfather Ninja
- Icon Javier Ninja(new way, arms control)
- Icon Kevin Ultra Omni
- Icon Derrick Icon
- Icon Tony Revlon
- FuQuan Ebony
- Icon Koppi Mizrahi* (Old Way, Hands performance, Arms control)
- Legendary Bronze West
- Legendary Spyder 007 (Old Way)
- Legendary Miraj Ninja
- Legendary Casper Ebony Mugler
- Jason Overness/Mizrahi
- Slim Ninja(New Way)
- Legendary Brian Omni
- Suzume 007* (offers online classes) (Old Way)
- Mother Steffie Mizrahi - Nikki Gucci (Old Way)
- Diogo Milan (Old Way)
- Legendary Chise Ninja (New Way, arms control)
- Jessica ELLE(New Way)

- Kia Labeija([her iconic battle with Chise Ninja!](#) Great to study for storytelling in battling) (Old Way)
- Frida Labeija (Old Way)
- Xyza Mizrahi (New Way/Old Way)
- Legendary Viktor Tisci (New Way)
- Shahin 007 (Old Way)
- K Milan
- Karma Stylz - more evolved PDS
- Juju Xtravaganza (arms control)
- Titch Ninja (arms control)
- Legendary Brian (Balenciaga) Mugler (BQ Old Way)
- Nyno Garcon(DMV)
- Peanut Ebony
- Joey Revlon

○ ***FEM QUEENS - UPDATING (in no particular order)***

- *Icon Daesja (LaPerla) Mizrahi
- *Icon Kristina Tsunami
- *Icon Liyah Richards (backwards duck walk, nasty floor performance)
- Icon Octavia St Laurent
 - also FQ Face
- Legendary Diva Miyake Mugler
- Bianca Xtravaganza
- Icon Tanay Pendavis
 - also FQ face
- Coko/Coco Xtravaganza
- Alyssa Laperla Ebony (incorporating jumps/hops into her turns)
 - also FQ Face
- *Princess Magnifique (uses European runway walk/pivots in her catwalk)
- Giselle Fields (rhythmically/pacing and look feels closer to w*acking)
- Africa Armani
- Apollonia Labeija
- Mo'dayvia Labeija (early evolution to VF can be seen in her vogue)
 - also FQ Face
- *Legendary Melissa Xtravaganza (also walks FQ Face w/ Performance)
 - Detransitioned due to personal reasons before being deemed Icon
 - Now called Joey
- *Jessica Ebony Aphrodite (rhythmically playful and uses lots of hips)
- Latisha Revlon (early evolution to VF can be seen in her vogue)
- Danielle Revlon
 - also FQ Face
- Belinda Dupree (stunty, closer to new way)

- Brenda Continental Milan (playful with commentator & musicality, closer to new way)
 - also FQ Face
- Ashley Icon/Bobo St. Claire (evolution to VF is more obvious with clear posing moments)
- Icon Renee Karan
- Nicole Wong
 - also FQ Face

RESOURCES & ACCOUNTS TO START WITH/FOLLOW

- [History of Vogue](#) from Icon Jamal Milan's website
- 10.06.23 - Shahin 007 [workshop notes](#)
- 12.03.23 - Icon Jamal Milan [workshop notes](#)
- [New Way Interview Notes](#) from The New Way Project
- <https://www.youtube.com/@howdoilookdocumentary/videos>
- <https://www.instagram.com/oldwaystudies/>
- <https://www.instagram.com/oldschoolballroom/>
- <https://www.instagram.com/thenewwayproject/>
- Patrick Michael(RIP): <https://www.instagram.com/iamsugarchampagne/> | <https://www.youtube.com/@sugarchampagne>
- Icon Stan Elle's channel, lots of great performance resources - <https://www.youtube.com/@stanelle6145?app=desktop>
- https://youtube.com/playlist?list=PLUEJDExhmEPZa_nKwDhP8dM418NUddrbv
- <https://youtube.com/playlist?list=PLUEJDExhmEPY5nc24zopNfylYrv3jCTSo>
- <https://youtu.be/eBCs9n0p93E> (Icon Koppi Mizrahi also offers online classes + resources on her channel)
- <https://youtu.be/29fOmFlvhAc>
- Great battle to understand different versions of Old Way styles - https://www.youtube.com/watch?v=UY82-ypQ6a0&ab_channel=sugarchampagne
- <https://www.youtube.com/@ballroomtalks>
- <https://www.vogue.com/article/oral-history-ballroom-pride-2023>
- https://www.youtube.com/watch?v=lo5tr_jCwFk&ab_channel=TIMPRINCESS-LA NVIN
- <https://allthatsinteresting.com/ballroom-culture#1>
- Queer house music history
 - <https://grayarea.co/magazine/10-lgbtq-artists-who-indelibly-shaped-the-house-music-landscape>
 - <https://ra.co/features/1927?fbclid=IwAR0C8XOjMtrID4MT0Kh297YxDp86yo94CiAswN1gcS52XtaA6mthaKXN750>
 - https://www.youtube.com/watch?v=9Rah1F1zq1k&ab_channel=DVNFLX