

WOMEN'S BIKINI POSING

Source: <http://www.cbbf.ca/wp-content/uploads/2016/04/CBBF-Rules-Bikini.pdf>

These quarter turns will be done in the following way:

1. **Front** stance:

Competitors will stand with **one hand** resting **on** the **hip** and **one leg slightly moved to the side**.

2. **Quarter turn right**:

Competitors will perform the first quarter turn to the right. They will stand *left side to the judges*, with upper body slightly turned toward the judges and face looking at the judges. **Right hand** resting **on** the **right hip**, left arm hold down and slightly back from the centerline of the body, feet placed freely but not together.

3. **Quarter turn back**:

Competitors will perform the next quarter turn to the right and will stand back to the judges. They will *stand straight, not leaning the upper body forward* with **one hand** resting **on** the **hip** and **one leg slightly moved to the side**. Second hand hanging down along the body, slightly out of to the side, with open palm and straight, aesthetically configured fingers. *Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all time during the comparison.*

4. **Quarter turn right**:

Competitors will do the next quarter turn to the right and will stand their *right side to the judges*, with upper body slightly turned toward the judges and face looking at the judges. **Left hand** resting **on** the **left hip**, right arm hold down and slightly back from the centerline of the body, feet placed freely but not together.

5. **Quarter turn front**:

Competitors will do the last quarter turn to the right and will perform *front stance*.

NSABBA MANDATORY POSES - BIKINI

1. FRONT Stance

2. Quarter Turn RIGHT

3. Quarter Turn BACK

4. Quarter Turn RIGHT

5. Quarter Turn FRONT



Facing Judges
ONE Hand on Hip



LEFT Side to Judges
RIGHT Hand on Hip



Back to Judges
ONE Hand on Hip



RIGHT Side to Judges
LEFT Hand on Hip



Facing Judges
ONE Hand on Hip

Model - Jaclyn Phillips, Photo by Garry Bartlett