

Runway Turns & Poses Mini-Guide

by Roxanne Roche

Master the art of runway presence.

This quick visual guide will walk you through **5 of the most common types of runway turns and end-of-walk poses** — helping you practice at home and bring elevated confidence to your next runway show, pageant, or casting.

Use this as part of your regular practice and remember: **Every step and turn is an expression of your unique power!**

5 Key Runway Turns & Poses

1 Crossover Turn

A dramatic turn where you **cross one leg over the other** to pivot, creating an elegant hip swing.

- Ideal for editorial runway or high-fashion shows.
 - Maintain balance and control during the cross.
 - Keep your shoulders aligned and gaze forward.
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2 Pivot Turn

A clean, simple turn where you **plant one foot and rotate on the ball of that foot**, smoothly turning to face the other direction.

- Keep your core engaged for balance.
- Maintain posture: shoulders back, chin lifted.

- A versatile turn used across many runway styles.
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3 Half Turn

Used to **reverse direction subtly and fluidly**.

- Step slightly forward, then turn halfway to walk back down the runway.
 - Often used when space or show pacing calls for continuous movement.
 - Focus on seamless flow — avoid abrupt stops or jerky movements.
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4 Strong Pause Pose

At the end of the runway, **pause and hold a strong, confident pose**. This is your spotlight moment!

Pose options:

- Hands on hips
- One leg slightly forward
- Relaxed arm at your side with a bold gaze
- Subtle head tilt or shoulder angle for attitude

Tips:

- Hold your pose for 2–3 full seconds.
 - Engage your core, lengthen your neck, and express confidence through your eyes.
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5 Power Walk-Off Transition

After your end pose, transition smoothly into your **walk-off**.

- Push off with energy and walk with purpose.
 - Keep your stride controlled — don't rush off stage.
 - Final impression matters: **own it until you are fully out of view.**
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Bonus Practice Tips:

Practice each turn slowly at first, focusing on posture and balance.

Record yourself to check angles, fluidity, and confidence.

Work in front of a mirror to refine facial expressions during pauses.

Experiment with **music tempo variations** — practice turning to different beats.

Most important: **Let your authentic energy shine through every movement!**

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For more runway coaching tips & resources, visit Roxanne's full training library.