

# Runway Walk Practice Playlist

by Roxanne Roche

Strut. Flow. Own the moment.

This playlist is designed to help you practice your runway walk, refine your timing and presence, and build a consistent inner rhythm for walking with confidence on any runway - whether it's for fashion week, pageants, or industry castings.

## How to Use It:

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- Find a long hallway or open space with a mirror (if possible).
- Play the playlist at medium volume.
- Practice walking to the beat - slow, strong, deliberate steps.
- Practice transitions: walk, turn, pause, pose, return.
- Video yourself occasionally to refine posture and presence.

## Playlist Tracks:

1. Freedom - Beyoncé
2. Level Up - Ciara
3. Run the World (Girls) - Beyoncé
4. Vogue - Madonna
5. Levitating - Dua Lipa
6. Fashion - Lady Gaga
7. Power - Little Mix
8. Confident - Demi Lovato

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9. Fashion Killa - A\$AP Rocky
10. Sorry Not Sorry - Demi Lovato
11. Stronger - Kanye West
12. Don't Start Now - Dua Lipa
13. 7 Rings - Ariana Grande
14. Formation - Beyoncé
15. Independent Women - Destiny's Child

## **Bonus Tips:**

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- Mix in instrumental runway mixes from YouTube or SoundCloud.
- Adjust tempo to suit different designer styles (high fashion vs. commercial).
- Own the beat - let your energy flow through every step.