

# How to Walk Like a Runway Model

Fashion models make it look so effortless, but strutting your stuff in 4-inch heels is no easy feat. Models walk in different ways, and the style of walking will depend on the clothes being modeled and the general tone of the show. However, these are some general tips on walking like a catwalk model. When learning these techniques, make sure you're wearing comfortable clothes and have a plenty of room to stride up and down.

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Tip 1:

## **Posture**

When walking on the runway, posture is very important. Try to make your body as tall as possible, keeping your back and neck straight. Hold your head still, slightly raising your chin. Keep your eyes on your focal point and gaze straight ahead. Some models also lean back slightly, so that their legs are moving forward before the rest of their body.

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Tip 2:

## **Legs and feet**

Walk with your feet in front of you, pointed straight ahead rather than turned out to the sides. As you take each step, place your foot down one in front of the other, rather than parallel to each other. You can even cross your legs over in front of each other, but take care not to trip yourself. Some models also lift their legs up very high while walking. This is done by bending more at the knee, almost like a horse would, and then placing the foot down quite far ahead to take longer strides.

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Tip 3:

## **Hips**

It is a bit of a myth that models sashay their hips from side to side in a very pronounced manner. Although your hips will naturally sway from side to side, it is not necessary to force or exaggerate this movement.

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Tip 4:

## **Arms**

What you do with your arms will depend on the type of clothes you're modeling. Although your arms will swing naturally by your side as you walk, as a general rule try to avoid big arm movements or pronounced arm swinging. With some clothes, you might want to put your hands in your pockets to go for laid back and relaxed look.

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Tip 5:

## **Posing**

When reaching the end of the runway, models usually pause for a moment to show off the clothes. Do this by jutting one hip out to the side, with lots of attitude. If you're wearing a jacket, this is also a good time to slip it off and fling it casually over your shoulder.