Create a Quick Gesture Sketch

Capture the expressive gestures of figures in four easy steps. For each figure, spend about thirty seconds on each step. Create a sheet with multiple gesture sketches.

**Materials**
- Paper
- Pencil

**Steps**

1. Draw the spine (central axis) of your figure by drawing a circle for the back of the head and an oval for the face.

2. Establish the tilt of the torso by using dots to mark the locations of the shoulders and hips.

3. Create a bean shape to capture how a torso twists on its axis (torsion).
   Notice how the figure bends (compression) on the left side and stretches (extension) on the right side.

4. Add expressive arms and legs to create a gesture.