

Dance Syllabus: January 2012 – May 2012

American Style Ballroom Dancing

http://www.ballroomdancers.com/Dances/dance_overview.asp?Dance=AWA

led by Sophia Forester

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Course Objectives

- Lead and Follow in Ballroom dances
- Waltz
- Rumba
- East Coast swing
- Fox Trot
- Cha Cha

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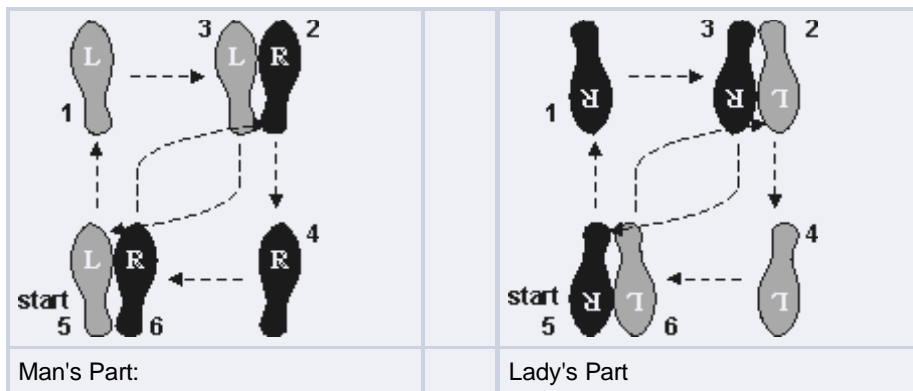
American Style Ballroom Dancing led by Sophia Forester

Waltz, Rumba, East Coast Swing, Fox Trot, and Cha Cha.

Week 1 (Class date January 13, 2012)

Frame

Waltz basic.



Forward step 1 with heel. Side step 2 with toes. Together 3, change weight.

Week 2 (Class date January 20, 2012)

Progressive Forward changes

A Closed Change is a figure consisting of three steps, which resembles one half of a Left or Right Box. Progressive Basic Is when two or more Closed Changes re danced in succession, they are used to travel along line of dance in a direct, linear fashion.

Week 3 (Class date January 27, 2012)

Left Box Turn

Begin Closed position.

- 1 1 Left foot forward.
- 2 2 Right foot side.
- 3 3 Left foot closes to right foot. Up to 3/8 turn to left between 1-3.

- 4 1 Right foot back.
- 5 2 Left foot side.
- 6 3 Right foot closes to left foot. Up to 3/8 turn to left between 4-6.

Week 4 (Class date February 3, 2012)

Six-Count Underarm Turn

The man begins leading the turn as he steps back on his right foot, typically following steps 1-3 of a Left Box, LF Closed Change, Hesitation, or other similar pattern. By lifting and slightly extending his left hand outward, he creates space for the lady to dance underarm. With gentle pressure from the right hand on her back, he leads her to walk under the raised LH-RH hold while he dances a RF Closed Backward Change. By the end of the third step she will have passed underarm, and by the fourth step the couple should be in side-by-side position. Steps 4-6 are effectively a Box Turn from side-by-side position (forward, side, close), where man and lady turn to face each other.

Week 5 (Class date February 10, 2011)

Rumba Box

Begin Closed facing position.

- 1 Slow Left foot forward.
- 2 Quick Right foot side.
- 3 Quick Left foot closes to right foot. Up to 1/4 turn to left between 1-3.

- 4 Slow Right foot back.
- 5 Quick Left foot side.
- 6 Quick Right foot closes to left foot. Up to 1/4 turn to left between 4-6.

February 17, 2012 Teen Pact—No Class

Week 6 (Class date February 24, 2012)

Open Break & Underarm Turn

Begin Closed facing position.

- 1 Slow Left foot side & slightly back. Release left arm from man's shoulder.
- 2 Quick Right foot back, small step, away from partner. With slight pressure in left hand, lead lady to step back.
- 3 Quick Replace weight to left foot.

- 4 Slow Right foot side.
- 5 Quick Left foot forward. 1/4 turn to right under raised LH-RH hold between 4-5.
- 6 Quick Right foot forward. 1/2 turn to right under raised LH-RH hold between 5-6.

(1) Slow Left foot side & slightly forward (as first step of following figure). 1/4 turn to right between 6 and 1 of following figure. Resume normal hold and end in closed facing position.

Week 7 (Class date March 2, 2012)

Crossover Breaks Forward

Begin Closed or open facing position, one- or two-hand hold.

1 Slow Right foot side & slightly forward in open counter promenade position. 1/8 turn to right between previous step and 1. Release right hand from lady's left hand or back. If begun from closed facing position, lower left hand to waist level.

- 2 Quick Left foot forward in left side-by-side position. 1/8 turn to right between 1-2.
- 3 Quick Replace weight to right foot. Begin to turn to left.

4 Slow Left foot side & slightly forward in open promenade position. 3/8 turn to left between 3-4 to face partner. Take RH-LH hold, then release LH-RH hold.

5 Quick Right foot forward in right side-by-side position. 1/8 turn to left between 4-5.

6 Quick Replace weight to left foot. Begin to turn to right.

7 Slow Right foot side. 1/4 turn to right between 6-7 to face partner. End in open or closed facing position, according to following figure.

Week 8 (Class date March 9, 2012)

EC Swing

Begin Open facing position, one- or two-hand hold.

1-3 1a2 Chasse to side. LRL.

4-6 1a2 Chasse to side. RLR.

7 1 Left foot back, away from partner.

8 2 Replace weight to right foot.

Week 9 (Class date March 16, 2012)

Underarm Turn to R.

Begin Closed or open facing position.

1-3 1a2 Chasse to side. LRL. Release right hand connection. Lift left hand, preparing to lead lady to turn underarm.

4-6 1a2 Chasse to side. RLR. 1/4 turn to left between 3-4. Lead lady to turn to right under raised left hand.

7 1 Left foot back, away from partner. End in open facing position.

8 2 Replace weight to right foot.

Week 10 (Class date March 23, 2012)

Underarm Turn to L.

Begin Open facing position, one- or two-hand hold.

1-3 1a2 Chasse to side. LRL. 1/4 turn to right between 1-3. Release right hand hold and lead lady to turn to left under raised left hand.

4-6 1a2 Chasse to side. RLR. Lower left hand to waist level.

7 1 Left foot back, away from partner.

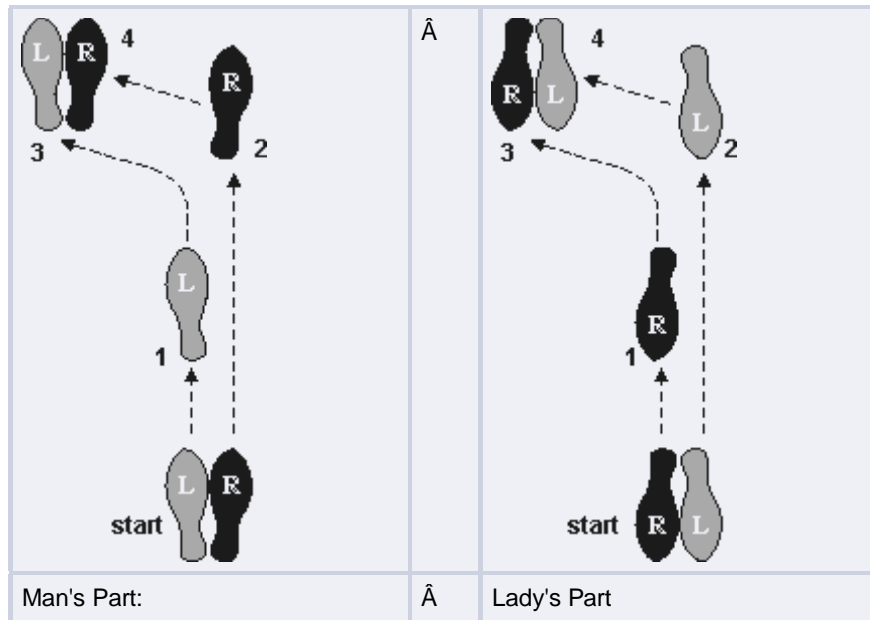
8 2 Replace weight to right foot.

Week 11 (Class Date March 30, 2012)

Foxtrot Basic

Forward Basic

The forward basic step is a combination of two walks followed by a chasse, to the count of "Slow, Slow, Quick, Quick". It is a progressive movement which can be danced repeatedly in order to travel around the line of dance.



April 6, 2012 EASTER BREAK no class

Week 12 (Class Date April 13, 2012)

Hesitation Left Turn

Is a very simple sequence of a single Hesitation movement followed by the second half of the Left Box Turn. It is used primarily as a means to turn at a corner, but it can also be used along the side of the room to add variety or to maneuver around traffic. The most common amounts of turn are 1/4 and 3/8 to left.

Week 13 (Class Dates April 20, 2012)

Promenade

Begin Closed position, facing wall.

- 1 Slow Left foot side & slightly forward in promenade position. Facing diagonal wall, traveling along line of dance. 1/8 turn to left between previous step and 1.
- 2 Slow Right foot forward & across in promenade position and CBMP. Facing diagonal wall, traveling along line of dance. Begin to turn to right.
- 3 Quick Left foot side. 1/8 turn to right between 2-3.
- 4 Quick Right foot closes to left foot. End in closed position, facing wall.

Week 14 (Class Dates April 27, 2012)

Cha Cha Basic

Begin Closed facing position.

Prep 1 Right foot side.

1 2 Left foot forward.

2 3 Replace weight to right foot. Up to 1/4 turn to left can be made between 1-2.

3-5 4&1 Chasse to left, LRL. Normal or compact chasse.

6 2 Right foot back.

7 3 Replace weight to left foot. Up to 1/4 turn to left can be made between 6-7.

8-10 4&1 Chasse to right, RLR.

May 4, 2012 GHEA Conference: No Class

Week 15 (Class Date May 11, 2012)

Open Break

Begin Closed or open facing position.

Prep 1 Right foot side. Lower left hand to waist level. Release right hand from lady's back.

1 2 Left foot back, away from partner. With slight pressure in left hand, lead lady to step back away from you.

2 3 Replace weight to right foot. Retract hand, leading lady to step forward towards you.

3-5 4&1 Chasse to left, LRL. Return left hand to eye level.

Week 16 (Class Date May 18, 2012)

Final Review