



DANCE PROGRAM SYLLABUS

MLK Enterprises
 7168 South Parkside Drive
 Tempe, Arizona 85283-4401

Basic Social Dance 101	
Intro to:	
Leading	
Following	
Timing	
Rhythm	
Musicality	
Steps:	
<i>Done to all songs - no dance recognition required</i>	
Basic Box Step	
Arch Turn	
Closed Check	
Open Check	
Chasse	
Progressive Movement	
Rock Movement	

Basic Social Dance 102 - Smooth	
<i>Goal: Individual Dance Recognition Waltz - Fox Trot- One Step – Fast Waltz</i>	
Continued emphasis on:	
Leading	
Following	
Timing	
Rhythm	
Musicality	
Steps:	
Passing Box	
Extended Open Check	
Extended Closed Check	
Combination Check Pattern	
Fox Trot	
Basic step of dance	
Merging of rhythms	
Rock Turn	
Grapevine	
Rock Turn w/ Arch Turn	
Waltz - American	
Hesitation step - basic	
Arch turn to hesitation	
Traveling spirals	
Progressive w/oversway + turns	
One Step	
Can use all steps above but	
uses different rhythm to execute	

Basic Social Dance 102 -Rhythm	
<i>Goal: Individual Dance Recognition Rumba – Tango – Huggie Bear</i>	
Continued emphasis on:	
Leading	
Following	
Timing	
Rhythm	
Musicality	
Steps:	
Extended Open Check	
Extended Closed Check	
Combination Check Pattern	
Rumba	
Rumba Walks with partner	
Charges	
Tango	
Basic Step SSQQS	
Heel Stomp	
Kicks and/or ronde' step	
One Step	
Intro of Rocks and Oversways	
Change of Partner Connection	
1 or 2 variations appropriate to music	

East Coast Swing	
Basic step of dance	
Leading	
Maintaining control in open break	
Importance of finger/hand positions	
Communicating w/wrist lead	
Following	
Where to find clues	
Importance of moving on own	
Steps:	
Left Hand Loop	
Right Hand Loop	
Changing Places	
Man Under	
Man Under to Shake Hands	
Man's wrap	
Man's wrap to shake hands	
Cuddle w/simple ending	
Change Rhythm exit to cuddle	

Cha Cha Cha	
Basic step of dance	
Intro to Latin movement	
Drills to develop proper motion	
Leading	
Maintaining control in open break	
Importance of finger/hand positions	
Communicating w/wrist lead	
Following	
Where to find clues	
Importance of moving on own	
Steps:	
Closed position turning	
Arch Turn	
Crossovers	
1/2 Turns	
Full Turns	
In and Out	
Peek-a-Boo	
Walk Thru	
Double Rock with Walking Turn	
Dual Arch Turns	

Introductory Special Classes	
Salsa	
West Coast Swing	
Fast Waltz	
Polka	

Six Shot Classes	
6 hours' instruction on a specific Dance at a more advanced level	
<i>usually completed in 4 visits</i>	
American Waltz	
Cha Cha	
Fast Waltz	
Fox Trot	
One Step / Huggie Bear	
Polka	
Rumba	
Salsa	
Swing	
Tango	
West Coast Swing	

Maximum Movement with Minimum Effort	
Technique of Movement	
Partnering Techniques	
Music Appreciation	

NOTE:

Since the pace of the class is driven by the needs of the student body and not this Syllabus (which is only a guide), it's important that you realize we may or may not cover all the material outlined. Conversely we may also add unlisted movements as indicated.

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