

Ballroom

Winter 2009: 6:30 – 7:55 p.m., Monday

Foxy Music – 4 beats. Dance – 4 steps in 4 beats (slow, slow, slow, slow)

Combo/Amalgamation:

- 4 basics
- 2 promenades (advanced - with pivot)
- 4 side sways with inside turn at 3 and 4, rotating rib cage
- repeat

- release
- 1 ½ zig zags (fwd, fwd, side sway)
- grapevine

- promenade check with inside turn
- promenade both ways

Waltz Music - 3 beats. Dance – 3 steps in 3 beats (one, TWO, three)

Combo/Amalgamation:

- 2 hesitations – front, back, side, side
- 2 promenade hesitations (with optional turn)
- box
- 2 hesitations – front, back, side, side

- zig zag (outside partner) - fwd hesitation (1,2,3), fwd, side, together (1,2,3)
- grapevine – fwd, fwd, side (spread), back, side, together

1	2	3
heel toe (fwd) toe heel (bkwd)	toe	toe heel
- commence to rise at end of 1	- continue to rise on 2	- up on 3, lower end of 3

commence/continue to rise – on ball of foot, heel off floor

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Disclaimer: The following is the opinion and view of the writer and freely admits that they do not necessarily reflect the views of the instructor. Reliance on any information in these notes is entirely at the user's risk.

Ballroom (cont.)

Foxtrot slow, slow, quick, quick

Combo/Amalgamation:

- 3 basics
- 3 promenades
- 2 left rock turns
- 3 basics
- 2 promenades
- 2 left rock turns
- 2 boxes

- release, 1 ½ zig zags (fwd, fwd, side, together)
- grapevine (all quicks)

Tango slow, slow, quick, quick, slow

Combo/Amalgamation:

- basic
- promenade with left turn
- left rock turn
- flip flops (w/ UAT)

Rumba slow, quick, quick

- basic in place
- hesitation (fwd, back, side, side)
- walk around – 6 steps (her right, his left)
- box

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