

dance Bethesda

Newcomers Dance Syllabi.

Week #	Waltz Level I	I	FP	T	L.F	S	C
1 & 2	Box Step . Straight						
%	Box with Underarm Turn						
%	Balance Steps						
3 & 4	Balance and Box						
%	Progressive						
%	Face to Face . Back to Back						

Week #	Rumba Level I	I	FP	T	L.F	S	C
1 & 2	Side Basic						
%	Fifth Position Breaks						
%	Box Step						
3 & 4	Outside Partner						
%	Slow Underarm Turn						
%	Crossover Break						

Week #	E.C. Swing Level I	I	FP	T	L.F	S	C
1 & 2	Basic						
%	Basic Turning to Right						
%	Basic Turning to Left						
3 & 4	Throwout						
"	Underarm Turn						
%	Underarm Release from Basic						

I/Introduction F.P/Foot Positions T/Timing L/F/Lead and Follow S/Style C/Checked
