

DanceSport@OSU: Intermediate Class, Autumn 2011

Wednesdays, 7:30-8:30pm RPAC MPR#3

Instructors: Steven Ross and Katherine Glesser

Steve@dancesportosu.org Office Hours: MW 9:30-10:30pm

Kathy@dancesportosu.org Office Hours: tbd

DanceSport@OSU Club Office in the Student Union

Link to USISTD Syllabus:

http://www.usistd.org//index.php?option=com_content&task=view&id=39&Itemid=51

Link to USISTD Syllabus:

<http://usadance.org/dancesport/forms-and-resources/rules-policies-and-bylaws/>

(See the end of the “Rulebook”)

Week One (Sept. 21):

First week of classes, no ballroom lesson

Week Two (Sept. 28): American Rumba, American Foxtrot

American Rumba:

Review: Box, right under arm turn, side breaks, progressive rocks, fifth position breaks, cross body lead

Teach: Cross body lead to Cuban walks back

American Foxtrot:

Review: Forward basic, left rock turn, promenade walk, quarter turns A&B

Teach: Fred Astaire sways, crossbody lead,

Week Three (Oct. 5): American Foxtrot, American Cha Cha

American Foxtrot:

Teach: Left and right turns

American Cha Cha:

Review: Cha Cha basic, cross over breaks and switch turns, right under arm turn, three cha chas forward and back, chase

Teach: Cross-body lead, outside breaks

Week Four (Oct. 12): American Cha Cha, American Tango

American Cha Cha:

Teach: Left side pass, three cha chas to side

American Tango:

Review: Basic A&B, promenade basic, corte, promenade to fan.

Teach: Running step, turning corte to outside swivel.

Week Five (Oct. 19): American Tango, American Swing

American Tango:

Teach: Left/reverse turn (open or closed), alternate endings to fan.

East Coast Swing:

Review: Swing basic, underarm turns right and left, American spin, four kicks, peek-a-boo, back pass

Teach: Sweetheart, throw-away, lindy-whip, Ohio

Week Six (Oct. 26): American Swing, American Waltz

East Coast Swing:

Teach: Hitch Kick

American Waltz:

Review: Left and right foot closed changes, left turn, right turn

Teach: Simple twinkle to promenade chasse ending

Week Seven (Nov. 2): American Waltz, Purdue competition prep!!

American Waltz:

Teach: Six count underarm turn, back to backs

Week Eight (Nov. 9): Mambo, American Viennese Waltz

American Viennese Waltz:

Teach: Left and right turns, progressive forward and back hesitation, Cross body lead to left underarm turn, left underarm turn to in and out hesitation

Mambo:

Review: Basic, forward and back breaks, cross-body lead, side breaks, right under arm turn, cross-over breaks, switch turn, fifth position breaks

Teach: Chase turns, Shadow breaks to lady spiral

Week Nine (Nov. 16): Thanksgiving. No class.

Students are welcome to use the room for practice/review, Ohio Star Ball is November 19th.

Week Ten (Nov. 23): Choose your adventure

Social dances (salsa, merengue, bachata, hustle, west coast, paso doble, bolero)

Week Eleven (Nov. 30): Fun Dances, Requests

This is your opportunity to ask questions and practice what you've learned over the course of the quarter!

Finals Week (Nov. 7):

No ballroom lessons, good luck on finals!