

Ballroom Dance

Winona Community Education

Winter 2009

Thurs 6:00 - 7:15 pm

Instructors Stan and Jenny Breitlow
Contact sbreitlo@hbc.edu

Dance	Step	Week							
		1	2	3	4	5	6	7	8
		29-Jan	5-Feb	12-Feb	19-Feb	26-Feb	5-Mar	12-Mar	19-Mar
Frame	Lead/Follow	Intro	Review						Make up day
Foxtrot	Basic Progressive	Intro	Review						Make up day
Foxtrot	Hesitation Turn (Oops! Turn)	Intro	Review						Make up day
Foxtrot	Promenade		Intro	Review					Make up day
Rumba	Basic Box	Intro	Review						Make up day
Rumba	Lady's Underarm Turn		Intro	Review					Make up day
Rumba	5th Position Breaks		Intro	Review					Make up day
Tango	Basic Progressive			Intro	Review				Make up day
Tango	The Promenade			Intro	Review				Make up day
Tango	The Reverse Promenade				Intro	Review			Make up day
Swing	Triple Swing Basic				Intro	Review			Make up day
Swing	Natural Underarm Turn				Intro	Review			Make up day
Swing	Reverse Underarm Turn				Intro	Review			Make up day
Swing	Man's Wrap Around Turn				Intro	Review			Make up day
Swing	Behind-the-Back Hand Change				Intro	Review			Make up day
Swing	Single Swing Basic				Intro	Review			Make up day
Cha Cha	The Basic					Intro	Review		Make up day
Cha Cha	5th Position Breaks						Intro	Review	Make up day
Cha Cha	Crossover Breaks						Intro	Review	Make up day
Waltz	The Basic Box						Intro	Review	Make up day
Waltz	Lady's Underarm Turn						Intro	Review	Make up day
Waltz	The Progressive						Intro	Review	Make up day

Week 8 is all review.

Intro
 Review
 Make up day All Review

Resources

- Class Info: www.standance.com
- Class Materials: www.standance.com/ClassMaterials.html
- Practice Music: www.standance.com/Music/Practice/Practice.html
 Username = **ballroom**
 Password = **dance**