

Ballroom Dance 2

Winona Community Education

Winter 2009

Thurs 7:30 - 8:45 PM

Instructors Stan and Jenny Breitlow
Contact sbreitlo@hbcu.com

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	Silver Left Turn	Intro	Review						Make up day
Foxtrot	Silver Twinkle	Intro	Review						Make up day
Rumba	Alternating Wrap Around Turn		Intro	Review					Make up day
Rumba	Grapevine		Intro	Review					Make up day
Tango	Right Side Fans			Intro	Review				Make up day
Tango	Rock and Corte			Intro	Review				Make up day
Tango	Promenade Pivot Turns				Intro	Review			Make up day
Swing	Tucks			Intro	Review				Make up day
Swing	Hitch Kicks			Intro	Review				Make up day
Swing	Swivels				Intro	Review			Make up day
Swing	Reverse Swivels				Intro	Review			Make up day
Cha Cha	Triple Cross					Intro	Review		Make up day
Cha Cha	Knee Lift					Intro	Review		Make up day
Cha Cha	Paseo					Intro	Review		Make up day
Waltz	Silver Left Turn						Intro	Review	Make up day
Waltz	Silver Twinkle						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**