Syllabus – Ballroom Dance

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This is designed as an introduction to social dance. The course covers foxtrot, swing/jitterbug, waltz, tango, and the steps that are the base of salsa: mambo, cha cha, and merengue. Other steps that may be briefly covered are Viennese waltz, polka, Rheinlander, and rhumba. Students will learn basic and some intermediate turns and variations, in some steps more advanced variations will be taught. Some of these variations are: under-arm turn, forward spot turn, pivot spin, pretzel, crossover, dip and more.

This is a basic social dance class. The class is designed to teach you the basic rhythms, how to lead/follow, and identify the type of dance for the music played: in short, to be able to go out on a dance floor, feel comfortable, have fun, and leave the dance floor without embarrassing yourself. This is not a class that teaches you choreographed routines. It will give you the building blocks for all future dance styles. This is for social enjoyment, to make you feel comfortable dancing: not perform for a score.

After the basics taught in the first class, each class will start with a short review of all material taught to date. New steps and variations are introduced in each class. Each class builds on the work of earlier classes. The class is taught to the group, but individual attention is given. The amount of material covered and the order of the material taught is determined by the class. This is not a rigidly structured class. My goal is to teach you how to dance, and enjoy it.