



SOCIAL DANCE

WEEK ONE – SWING

THE BASIC – The basic is the start position...side...side...rock step

ARCH TURNS – Turn the girl to the outside and under the arch

LOOP TURNS – Turn the girl to the inside

SKIN THE CAT – Arms up, step to side, hands behind head, slide down arms

CLOSED POSITION – Closed stance

WEEK TWO- SWING

SKIN THE CAT (Behind the Back) - Arms up, step to side, hands behind head, slide down arms, man turns over left shoulder

CUDDLE– Loop turn without letting go of hands. Girl ends up right next to guy.

FINAL DIP – End of Dance. Make sure guys leg in set behind lady

CONTINUOUS PASS - lady into cuddle and keep going, guy into cuddle and keep going

SKIN THE CAT (With Free Spin) – Hold the behind the back pass, push her rt. shoulder

WEEK THREE – TEXAS TWO-STEP

BASIC - slow...slow..quick...quick, guy always starts with left foot

CHANGE DIRECTION – guy dancing backwards

CORNER TURN – turn when guy steps with first slow on left foot

BASIC OUTSIDE TURN – lady turns to right on first slow

THREE STEP - listen to beat of music...if too slow to two step....can three step..1-2-3...1-2-3

JITTERBUG – cuddle, bounce out, continuous pass 3 times, skin the cat

WEEK FOUR – WALTZ

BASIC - 1,2,3...4,5,6....stay on toes...very elegant dance...keep dance form tight

CHANGE DIRECTION - guy dances backwards

CORNER TURN -

OUTSIDE TURN - lady turns to right

COTTON EYE JOE- right kick 1,2,3left kick 1,2,3

WEEK FIVE – Wedding Prep Fun Dances

ELECTRIC SLIDE

CHA – CHA SLIDE

COPPERHEAD ROAD

CUPID SHUFFLE

WOBBLE

GANGNAM STYLE

GIT UP