

# Ballroom Lesson & Social

3<sup>rd</sup> Saturday 7:15 - 9:15 pm



- Lesson: Sequence of 8-10 steps
  - Improves fluidity in transitions
  - Improves continuity in dance
- Social: Open dancing
  - Variety of dance music
  - Light refreshments

- Lesson is a recently taught dance style
- The sequence is listed on a white board & a handout
  - Facilitates recall
- The number attending is limited
  - Ensures plenty of dance space for everyone.
- Advance registration is required!

## Steps in the Sequence:

- Reviewed/taught as needed
- Combined one at a time until the sequence is complete
- Most steps were taught in the Beginning and Intermediate classes
- 1-3 new steps are also included

\$30 per  
couple

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# Social Ballroom



*For Beginners and Social Dancers*

Three types of ballroom dance classes:

Basic

Timing & Basic Steps

Intermediate

Connection & More Steps

Lesson & Social  
Dance Sequence



- Non-intimidating atmosphere
- Steps are taught by name to facilitate recall
- Steps are broken down into learnable pieces
- “Joint safety” is a priority
  - ✓ Proper foot and body alignment
  - ✓ Good posture – head and back
  - ✓ Modifications when needed
- Classes may be repeated as often as desired

Taught by Trudy & Kevin Sherman



# Basic

## Timing & Basic Steps

Wednesday 6:15 - 7:10 pm

- Timing
- Basic steps
  - Lead and follow taught separately
  - Lead and follow practice together
- Basics of partner dancing

- Single dance style per class
- Same style is taught for 4 consecutive weeks.
  - Swing, hustle, nightclub, waltz, rumba, tango
- Recommended to attend all weeks
  - Maximizes learning
  - Increases retention of learning

**1st week:** History, timing, basic steps, posture, balance, and basic foot techniques  
**2<sup>nd</sup> – 4<sup>th</sup> week:** Short review followed by instruction for a few additional steps different from previous weeks.  
**Plenty of practice time is included in all classes.**

No dance experience required

Dress in comfortable clothes that you can move in.

Wear comfortable shoes that stay on your feet and have a smooth sole that doesn't grip.



# Intermediate

## Connection & More Steps

Wednesday 7:15 - 8:10 pm

2<sup>nd</sup> & 3<sup>rd</sup> Thursday 7:15 – 8:10 pm

- Lead/follow techniques
- Intermediate/Advanced steps
- Step sequences
- Modifications
  - Joint limitations, height difference, etc.

- Single dance style per class
- Same style is taught for 2 or 4 consecutive weeks.
  - Swing, hustle, nightclub, rumba, waltz, tango
- Each week stands on its own

**Basic steps** are reviewed as needed.  
 More **advanced steps** and **combinations of steps** are taught step-by-step.  
 Styling and more advanced foot techniques  
**Plenty of practice time is included in all classes.**

**Basic & Intermediate Ballroom**  
**\$14 drop-in per class**  
**\$48 for a 4-punch card, good for 60 days**  
 Card can be used for both classes.