

**OLLI Spring 2020**  
**Popular Ballroom Dances Syllabus**  
by Alex Tecza

Welcome to Popular Ballroom Dances. This class runs in 8-week sessions. The Spring semester will cover the following dances: Cha Cha, Quickstep, and Bolero. Below is the weekly breakdown of the lessons. Keep in mind that this is only a guideline and the actual material may vary.

Week 1: Introduction; Cha Cha: Side Basic, Crossover Breaks

Week 2: Cha Cha: Cross Body Lead, Open Break and Underarm Turn

Week 3: Cha Cha review; Quickstep: Quarter Turn, Progressive Chassé

Week 4: Quickstep: Natural Turn at a Corner

Week 5: Quickstep review; Bolero: Basic, Turning Basic

Week 6: Bolero: Open Break and Underarm Turn

Week 7: Bolero: Romantic Sways

Week 8: Review and open dancing