Popular Ballroom Dances

OLLI (Fall 2022)

The breakdown outlined here may be changed depending on the pace of the class.

Week 1: Introduction, Foxtrot

(Basic, Promenade)

Week 2: Foxtrot

(Review, Sway Step, Rock Turn to Left)

Week 3: Foxtrot review, Cha Cha

(Side Basic, Crossover Breaks)

Week 4: Cha Cha

(Cross Body Lead, Open Break and Underarm Turn)

Week 5: Cha Cha review, Rumba

(Box, Slow Underarm Turn)

Week 6: Rumba

(Crossover Breaks, Open Break and Underarm Turn)

Week 7: Rumba review, Tango

(Basic, Single Corté)

Week 8: Tango, review of all dances

(Right Side Fans)

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