

Popular Ballroom Dances Syllabus

Spring 2022

by *Alex Tecza*

This syllabus gives a weekly breakdown of figures which will be covered in each dance. Some of the figures mentioned here may be omitted depending on the pace of the class.

Week One:

Introduction,
Tango: Basic, Single Corté,

Week Two:

Review of figures from Week One,
Tango: Promenade Turning Left, Progressive Rocks,

Week Three:

Mambo: Forward and Back Basic, Side Breaks,

Week Four:

Review of figures from Week Three,
Mambo: Cross-Body Lead, Open Break and Underarm Turn,

Week Five:

East Coast Swing: Basic, Throw Out,

Week Six:

Review of figures from Week Five,
East Coast Swing: Free Spin Tuck-In (from Handshake), (Inside) Underarm Turn,

Week Seven:

Rumba: Box, Slow Underarm Turn,

Week Eight:

Review of figures from Week Seven,
Rumba: Open Break and Underarm Turn,
Final Review and Recap