

Syllabus for 2 Step and Triple Step

Basics should include:

1. Frame and connection
2. Foot pattern
3. Inside Turn
4. Outside Turn
5. Closed Promenade

Intermediate I (can be taught in the Basics time slot when time allows):

1. Wrap
2. Sweetheart
3. Check in, check out (double check)
4. Skater's – dancing and cross hand
5. Free spin
6. Alternating sweetheart, wrap and skaters
7. Whip (weave)
8. Walk Around Turn
9. Transitions – twinkle to promenade to RLOD

Syllabus for East Coast Swing

Basics should include:

1. Frame and connection
2. Closed and open position
3. Foot pattern
4. Right turning basic
5. Basic Throw out (from left turning basic)
6. Lady's left side pass turn
7. Lady's right side pass (Underarm Turn)

Intermediate I (can be taught in the Basics time slot when time allows):

1. Tuck turn
 - a. From Closed position
 - b. From Open position
2. Man's belt loop turn
3. Man's underarm turn
4. Alternating underarm turns (she goes/he goes)
5. Wrap
 - a. Tuck ending
 - b. Throw out ending
6. Parallels (aka – sugar push, offset breaks, outside breaks)
7. Hand changes
 - a. From belt loop to R/R
 - b. From R/R, Lady's right side pass/Man's neck loop
 - c. From R/R, Lady's right side pass/hand change behind the man's back
 - d. American spin (Open tuck R/R)
8. Double Arm Slides
 - a. Standard
 - i. With 4 continuous triples (shoulder touches) and American spin ending
 - ii. With 2 triples and lady's left turn, repeat, American spin ending
 - b. With swivels (with rock step or kick-ball-change ending)

Syllabus for Waltz

Basics should include:

1. Frame and connection
2. Foot pattern
3. Inside turn
4. Outside turn
5. Promenade
6. Twinkle (any change of direction on count 2 or 5) to promenade

Intermediate I (can be taught in the Basics time slot when time allows):

1. Wrap
2. Sweetheart (hand change)
3. Check out
4. Alternating sweetheart positions
5. Spirals (grapevines)
6. Zig zags (outside partner)

Syllabus for West Coast Swing

Basics should include:

1. Sugar Push basic (6 count)
 - a. Two hand
 - b. One hand
2. Under Arm Turn or right side pass (6 count)
3. Left side pass (6 count)
4. Tuck turn (6 count)
5. Sugar push tuck turn (Sugar Tuck)

Intermediate I (can be taught in the Basics time slot when time allows):

1. Closed Whip
2. Basket (locked) whip
3. Variations of left side pass
4. Variations of right side pass
5. Variations of closed whip (inside turn, outside turn)

Syllabus for Cha Cha

Basics should include:

1. Basic
 - a. Side Basic
 - b. Forward/back Basic (progressive)
2. Outside breaks (Offset breaks)
3. Cross over breaks
4. 5th position breaks (Fall Away break)
5. Open break and Lady's Underarm Turn

Intermediate I (can be taught in the Basics time slot when time allows):

1. Walk around turn (solo turn) from cross over break
2. Cross Body Lead (from closed or open position)
3. Alternating Under Arm Turn
 - a. Leader goes first
 - b. Follower goes first
4. Stop & Go (Peek A Boo)
5. Chase Turns
 - a. Half turn
 - b. Full turn

Syllabus for Night Club 2 Step

Basics should include:

1. NC2 Basic (in closed or open position)
 - a. Rock Step
 - b. Rock/Cross
 - c. Traveling (extended cross)
2. Underarm Turn (lady's right turn)
3. Walk-around Turn
4. Fall-away rocks (back rocks)
5. Take turns (she goes/he goes underarm right turns)
6. Side Sways

Intermediate I (can be taught in the Basics time slot when time allows):

1. Left Turning Basic
 - a. LT Basic (man's foot crosses only slightly 2nd Q, shoulders turn, left foot goes between lady's feet as she pivots around, finish side Q, cross Q to side)
 - b. With Left Underarm Turn
2. Right Turning Basic
 - a. RT Basic (Increase distance on man's 2nd Q, step across track S as lady steps between feet, continuing rotation to right for side Q-cross Q)
 - b. With Right Underarm (rotation begins off S)
3. Lace
4. Underarm Spiral - Open break, lady's spiral turn (to left) and traveling basic (to right)
5. Open promenade Runs
6. Cradle switches (aka cuddle; wrap) – start w/2-hand open break
7. Sweetheart switches

Syllabus for Hustle

Basics should include:

1. Closed and open basic
2. Closed throw-out and return
3. Closed basic w/outside turn
4. Left turning basic (in closed position or open position)
5. Right Turning Basic

Intermediate I (can be taught in the Basics time slot when time allows):

1. Right Side/Left Side passes
2. Man's belt drag from open position
3. Man's Underarm pass
4. Closed basic w/inside roll turn
5. Wrap from open
 - a. Throw-out to open
 - b. Tuck turn to open
6. Hammerlock from open
 - a. Simple release to open
 - b. Double inside roll to open
7. Sweetheart w/Simple walk-out