

Beginners Level 1 Lessons

1. Week One
 - 1.1. Body posture
 - 1.2. Basic Forward Step
 - 1.3. Basic Side Step
 - 1.4. Basic Back Step
 - 1.5. Introduction to the Congas
2. Week Two
 - 2.1. Review week 1 lesson
 - 2.2. Susie Qs
 - 2.3. Flares
3. Week Three
 - 3.1. Review both week 1 and 2 lessons
 - 3.2. V-Step basic
 - 3.3. Hook step basic
 - 3.4. Introduction to the clave
4. Week Four
 - 4.1. Review of week 1 thru 3 lessons
 - 4.2. Left turn and right turn
 - 4.3. Shines (footwork pattern)*
5. Week Five
 - 5.1. Review of week 1 thru 4 lessons
 - 5.2. Cross body turns
 - 5.3. Shines (footwork pattern)*
6. Week Six
 - 6.1. Review of week 1 thru 5 lessons
 - 6.2. Half Turns (To right-left only)
 - 6.3. Shines (footwork pattern)*
 - 6.4. Intro into partner work (basics steps, open/closed position and posture)
7. Week Seven
 - 7.1. Review of week 1 thru 6 lessons
 - 7.2. Shines (footwork pattern)*
 - 7.3. Intro into partner work (left turn both lead and follow)
8. Week Eight
 - 8.1. Review of week 1 thru 7
 - 8.2. Shines (footwork pattern)*
 - 8.3. Intro into partner work (right turn both lead and follow)

*The shines will consist of one pattern learned (full 8 count) and follow by the basic forward (full 8 count).

**These are only the basics and are focus to prepare yourself as an individual dancer to control your movement and weight.

***You may tryout to advance to the next level class during week one thru two and four thru five only. This should be done outside of the designated time of the regular class.