



<p>Three Step</p>	
<p>1. Purpose Of Dance?</p>	
<p>2. Class Rules:</p> <ul style="list-style-type: none"> a) Hard Sole Shoes Suggested b) Practice 1 Hour Per Week, Suggested c) Faster, Slower, New Turns d) Still Standing Rule - <p>Complete Turn = Success</p> <p>+ Reinforcement</p> <p>Practice 50 Times To Look Smooth</p>	

3. 4 Cs



a) **Cooperation** - Getting Along

b) **Courtesy**

Counter clockwise

Travel Outer Ring

Stationary Middle

c) **Compliment** Teacher: Ask Qs

d) **Counting**: Importance Of Counting

Synchronization –
Keeping In Step

Getting Back In Step

3. Dance Position



Arm Position:

Knees Bent

Lean Back

Natural Opposite

Women's

first walk = right foot.

first triple = right foot.



Men's

first walk = left foot.

first triple = left foot.



4. Leading Theory



a) **2 Handed Leads**








b) **Twirling**

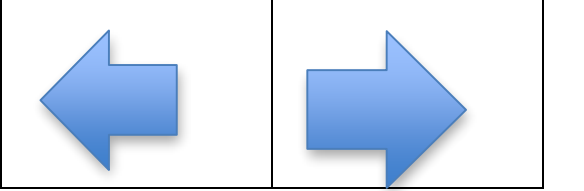
c) **Arm Tension –**



Keep Your Feet Under Your Shoulders

Keep Her In Front Of You

Tension Exercises

<h1>5. Arm Tension Theory</h1>		
		
<p>Equal but Opposite</p>	<p>Same for every form of dance</p>	
<p>Frame</p>	 <small>ClipartOf.com/225781</small>	
<p>Body Leads</p>		
<p>How do we move?</p>	<p>Without Arm Tension</p>	<p>Visual Synchronized Swimming</p>
<p>Arm tension is how we move as a unit</p>	<p>With Arm tension</p>	<p>By Feel</p>

<p>6. Arm Tension Principles</p>	
<p>Arm Tension</p>	<p>Equal but Opposite</p>
<p>Dance Frame Men set arm tension</p>	<p>Women – Equal But Opposite Reaction (Newton’s Laws). Muscle tone</p>
<p>Neutral is never neutral</p>	<p>One Pound of Pressure Basic Position</p>
<p>Men: Set a One Pound neutral arm tension</p>	<p>Women: Maintain equal but opposite arm tension</p>
<p>I want to feel your muscle tone Connect your hands to your arms to your body core</p>	<p>Your hands have weight Not size zero, lighter than a feather</p>
<p>Wherever I touch you</p>	<p>You Touch Me Back</p>

7. Arm Tension Exercises Equal but Opposite Arm Tension		
Open Position		Patty Cake
Forward		Back
Twirl		Corner
Closed Position	Billowed Sail Maintain Connection	

8. Triple Step



Music



What do we listen for in the music?

First Major Down Beat.

Down Beat –
Dance, Step

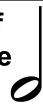





Bass Drum

Beats 1 & 3
Boom

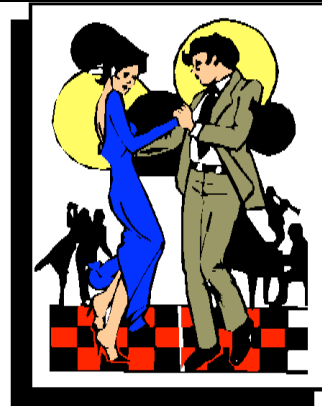
Upbeat

Clap -
Cymbals

Beats 2 & 4
Chock

9. Step.	Footwork:			
a) Count	b) Steps	c) Rhythm	d) Music (Bass drum)	e) Music - Timing
One	Left	Quick	Boom	half note 
And	Right	Quick	Chock	half note 
Two	Left	Slow	Boom	whole note 
Three	Right	Quick	Boom	half note 
And	Left	Quick	Chock	half note 
Four	Right	Slow	Boom	whole note 

10. Step Exercises



a) Basic.

Step: left, right behind, left

Step: Right, left behind, right

b) Feet

even drum beats

click-shift weight

c) Triple Step Exercise

d) Chorus Line

11. Twirl Night.



A) Outside Twirl

B) Inside Twirl

C) Weaving