



Two Step	
1. Purpose Of Dance?	
<p>2. Class Rules:</p> <ul style="list-style-type: none">a) Hard Sole Shoes Suggestedb) Practice 1 Hour Per Week, Suggestedc) Faster, Slower, New Turnsd) 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**

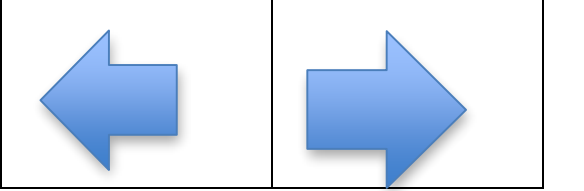
c) **Arm Tension –**



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</p> <p>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. Two Step



Music



What do we listen for in the music?

First Major Down Beat.

Elongated drawl in the singer's voice

9. Step.		Footwork:			
a) Feet	Count	c) Steps	d) Music - Timing		
Slow	One, two	Left	whole note ○	whole note ○	
Slow	Three, Four	Right	whole note ○	whole note ○	
Quick Step	Five	Left	whole note ○		
Quick Together	Six	Right	whole note ○		

10. Two Step Exercises



a) **Basic.**

Count-slow, slow, quick, quick

Feet: Left, Right, Step, Together

Music: Slow (drawl, two counts), Slow (drawl, two Count),
Step, together

Slow is slower and longer

Quick is faster and shorter


Scruff Feet: sawdust noise

b) **Walking exercise:** Slows

Add style: Brush Step

c) **Quicks:** Step Together

uneven twang: music lopsided

<p>11. Twirl Night.</p>	
<p>A) Outside Twirl B) Inside Twirl C) Skating Exercise</p>	