

RONNIE'S DANCE STUDIO AND TRATTORIA

393 Maxim Drive, Hopatcong, NJ 07843 – 973-398-0098

TECHNIQUES II

Advanced Beginner thru Intermediate

Wednesdays, April 2, 9, 16, 23, 30

7:15 – 8:45 - 4 weeks \$70 * OR *** 5 weeks \$80**

We'll cover as many of the following categories as we can, spending more time where needed.

Back Spot Turns and Forward Spot Turns

These appear in many of the Latin Dances and require a certain amount of technique. We never seem to get to these, but they are an important part of the dance and so lovely to watch. Although the theory behind them is the same, the timing is not.... So we will go through basic Back Spot Turns first, as they're the easiest to master and then we will apply them to several dances.... If time allows, we will add Forward Spot Turns. These differ from regular spot or walkaround turns in that the partners dance together circling in a closed position to the right or left.... Hmmmmm, very interesting!

Pivot Turns

These appear in some form in almost every dance. Again, there is a way to do them correctly, and a way to do them so they're very uncomfortable. Another step we almost never get to. So let's take the time and learn them right. We will apply them to several Latin Dances, Smooth Dances (Foxtrot, Waltz, Tango), and in some other dances that you'd never expect to find them..

Lady's Turns and How to Lead Them and How to Follow Them

There's proper footwork and frame and posture to get through these looking great... and men, there's also a lead from you. The best dancer can't look good doing her turns unless you lead them on time... and ladies, even with the best lead, if we don't know how to do these with balance.... They're a disaster! We'll need to talk about spotting, too....this will also keep you from getting dizzy. These turns are very common in Hustle and Swings, most of the Latin Dances, and actually also in the Waltzes, etc.

Advanced Turns and 3/8 Turn Combos

We've covered these in some dances, but there's room for more work. Advanced turns are the turns you find in V. Waltz but also appear in other dances; and the 3/8 turn combo... you know where you do a turn to the left... a change step... and a turn to the right..... oooh, boy, we're not quite there yet on these.... We'll work on sway, also, which will help with our leads...and allow the dance to progress much more smoothly down the Line of Dance.

Grapevines – Advanced Beginner

We will work on a few of the fancier vines and the most important lead into and out of them....

Open Turns

These are those lovely open turns we do to the left and right, passing our feet, as in Tango, Waltz, Foxtrot, Peabody, etc. They appear in many dances, and as we progress with our dancing, they will become ever more important. As we get closer to working on our "silver" steps, we will spend more time learning how to get through these turns without looking like we're twisting.

Promenade Twist Turns

These also appear in many dances like slow dancing, Tango, Foxtrot, Waltz....and are fairly easy to execute once you know the technique behind it and the lead. They look really great and add that special touch to your dancing.

Contra Checks, Sit Breaks, "Chairs"

Another facet of dancing we don't get to enough, but we will. These appear in many dances, like Tango, Waltz and Foxtrot, even Salsa, and other Latin dances. If we don't get to these, that's okay, we'll save them for next time.