

***American Style Bronze Smooth & Rhythm
DVIDA Group Class Programs***

T e a c h e r ' s G u i d e



BRONZE 1: DVIDA American Smooth Program Guide

BRONZE 1 STEPLIST

fig#	W A L T Z	fig#	T A N G O	fig#	F O X T R O T	fig#	V. W A L T Z
1	Box with Underarm Turn	1A	Basic – Straight	1	Basic	1	Balance Steps
2	Balance Steps	1B	Basic – Circular	2	Promenade	2	5 th Position Breaks
3	<i>see note</i> †	2A	Promenade Turning Left	3A	Rock Turn Left	3-6	<i>see note</i> **
4	Progressive*	2B	Promenade Turning Right	3B	Rock Turn Right	7A	Forward Progressive Changes*
5A	Box Turn – Left*	3A	Corte – Single	4	Sway Step		
		3B	Corte – Double				

DVIDA SUPPORT MATERIALS

DVIDA offers a full range of support materials including instructional dance videos, dance manuals, and music CDs at www.dancevision.com:

* Bronze 2 figure

† Waltz figure 3 (Simple Twinkle) will be taught in Bronze 2

** V. Waltz figures 3-6 (5th Position Breaks with UAT, Left Turn and Crossbody Lead & UAT) will be taught in Bronze 2 & 3

MUSICAL INFORMATION					
	TIME SIGNATURE	TEMPO	BEAT VALUE	TIMING	COUNTING IN BEATS & BARS
W A L T Z	3/4; accent on beat 1	30-32 mpm	1, 1, 1	1, 2, 3	123, 223, 323, 423
T A N G O	4/4; accent on beats 1 & 3	30-32 mpm	2, 2, 1, 1, 2	SSQQS	1234, 2234, 3234, 4234
F O X T R O T	4/4; accent on beats 1 & 3	32-34 mpm	2, 2, 1, 1	SSQQ	1234, 2234, 3234, 4234
V. W A L T Z	3/4; accent on beat 1	54 mpm	1, 1, 1	1, 2, 3	123, 223, 323, 423

ABBREVIATION KEY		
Ag – Against	F’s – Follower’s	PP – Promenade Position
Am – American	Fwd – Forward	R or Rt – Right
B - Backing	m - Measure	RF – Right Foot
Bk – Back	L – Left	TC – Tango Close
Brk – Break	L’s – Leader’s	UA – Underarm
C – Center	LF – Left Foot	UAT – Underarm Turn
DC – Diagonal to Center	LOD – Line of Dance	W – Wall
DW – Diagonal to Wall	LSP – Left Side-by-Side Position	
F – Facing	P or Pos – Position	

*** WEEK ONE ***					
LESSON PLAN	AMALGAMATIONS				
	FIGURE	TIMING	MEASURE	START	END
Waltz Teach Box Step* (123, 123)	Box Step*	123, 123	2m	FLOD	FLOD
	--Repeat				
Foxtrot Teach • Basic (SSQQ) Rock Turn Left (SSQQ)	2 Basics	SSQQ x 2	3m	FLOD	FLOD
	4 Rock Turns Left	SSQQ x 4	6m	FLOD	FLOD
	--Repeat				

*The Box Step is a useful way to begin Waltz before learning the syllabus pattern: Box with Underarm Turn.

***** WEEK TWO *****

LESSON PLAN	AMALGAMATIONS				
	FIGURE	TIMING	MEASURE	START	END
Waltz Review <ul style="list-style-type: none"> • Box Teach <ul style="list-style-type: none"> • Box with Underarm Turn (123 x 4) • Progressive (123, 123) 	Progressive	123 x 4	4m	FLOD	FLOD
	Box with Underarm Turn	123 x 4	4m	FLOD	FLOD
	--Repeat				
Foxtrot Review <ul style="list-style-type: none"> • Basic • Rock Turn Left Teach <ul style="list-style-type: none"> • Promenade (SSQQ) 	2 Basics	SSQQ x 2	3m	FLOD	FLOD
	3 Rock Turns Left	SSQQ x 3	4.5m	FLOD	FW
	2 Promenades	SSQQ x 2	3m	FW	FW
	Rock Turn Left	SSQQ	1.5m	FW	FLOD
	--Repeat				

*** WEEK THREE ***					
LESSON PLAN	AMALGAMATIONS				
	FIGURE	TIMING	MEASURE	START	END
Waltz Review • Box with Underarm Turn • Progressive	<u>Same as Week 2</u>				
	Progressive	123 x 4	4m	FLOD	FLOD
	Box with Underarm Turn	123 x 4	4m	FLOD	FLOD
	--Repeat				
Tango Teach • Basic – Straight (SSQQS) • Basic – Circular (SSQQS) • Corte – Single (SSQQS)	2 Basics – Straight	SSQQS x 2	4m	FLOD	FLOD
	Basic – Circular	SSQQS	2m	FLOD	F Ag LOD
	Basic – Circular	SSQQS	2m	F Ag LOD	FLOD
	2 Cortes – Single	SSQQS x 2	4m	FLOD	FLOD
	--Repeat				
Foxtrot Review • Promenade	<u>Same as Week 2</u>				
	2 Basics	SSQQ x 2	3m	FLOD	FLOD
	3 Rock Turns Left	SSQQ x 3	4.5m	FLOD	FW
	2 Promenades	SSQQ x 2	3m	FW	FW
	Rock Turn Left	SSQQ	1.5m	FW	FLOD
	--Repeat				

***** WEEK FOUR *****

LESSON PLAN	AMALGAMATIONS					
	FIGURE	TIMING	MEASURE	START	END	SPECIAL NOTES
Waltz Teach <ul style="list-style-type: none"> Balance Steps (123 x 6) 	Progressive	123 x 4	4m	FLOD	FLOD	
	Balance Steps	123 x 8	8m	FLOD	FLOD	Repeat last 2m
	Box with Underarm Turn	123 x 4	4m	FLOD	FLOD	
	--Repeat					
Tango Review <ul style="list-style-type: none"> Basic – Straight Basic – Circular Corte – Single Teach <ul style="list-style-type: none"> Promenade Turning Left (SSQQS) 	Basic – Straight	SSQQS	2m	FLOD	FLOD	
	2 Cortes - Single	SSQQS x 2	4m	FLOD	FLOD	
	Basic – Circular	SSQQS	2m	F Ag	F Ag LOD	
	Basic – Circular	SSQQS	2m	LOD	FDW	
	Promenade Turning Left	SSQQS	2m	FDW	FLOD	No turn on TC
	--Repeat					
Foxtrot Teach <ul style="list-style-type: none"> Rock Turn Right (SSQQ) 	2 Basics	SSQQ x 2	3m	FLOD	FLOD	
	Rock Turn Right	SSQQ	1.5m	FLOD	FW	
	2 Promenades	SSQQ x 2	3m	FW	FW	
	Rock Turn Left	SSQQ	1.5m	FW	FLOD	
	--Repeat					

*** WEEK FIVE ***						
LESSON PLAN	AMALGAMATIONS					
	FIGURE	TIMING	MEASURE	START	END	SPECIAL NOTES
Waltz Review <ul style="list-style-type: none"> • Balance Steps • Routine 	Same as Week Four:					
	Progressive	123 x 4	4m	FLOD	FLOD	
	Balance Steps	123 x 8	8m	FLOD	FLOD	Repeat last 2m
	Box with Underarm Turn	123 x 4	4m	FLOD	FLOD	
	--Repeat					
Tango Review <ul style="list-style-type: none"> • Promenade Turning Left • Routine 	Same as Week Four:					
	Basic – Straight	SSQQS	2m	FLOD	FLOD	
	2 Cortes - Single	SSQQS x 2	4m	FLOD	FLOD	
	Basic – Circular	SSQQS	2m	FLOD	F Ag LOD	
	Basic – Circular	SSQQS	2m	F Ag LOD	FDW	
	Promenade Turning Left	SSQQS	2m	FDW	FLOD	No turn on TC
--Repeat						
Foxtrot Review <ul style="list-style-type: none"> • Rock Turn Right • Routine 	Same as Week Four:					
	2 Basics	SSQQ x 2	3m	FLOD	FLOD	
	Rock Turn Right	SSQQ	1.5m	FLOD	FW	
	2 Promenades	SSQQ x 2	3m	FW	FW	
	Rock Turn Left	SSQQ	1.5m	FW	FLOD	
--Repeat						
Viennese Waltz Teach <ul style="list-style-type: none"> • Forward Progressive Changes (123, 123) • Balance Steps (123 x 4) 	Balance Steps	123 x 4	4m	FLOD	FLOD	
	Forward Prog. Changes	123 x 4	4m	FLOD	FLOD	
	--Repeat					

***** WEEK SIX *****

LESSON PLAN	AMALGAMATIONS					
	FIGURE	TIMING	MEASURE	START	END	SPECIAL NOTES
Waltz Teach <ul style="list-style-type: none"> Box Turn – Left (123 x 4) 	Progressive	123 x 4	4m	FLOD	FLOD	
	Balance Steps	123 x 4	4m	FLOD	FLOD	Fwd, back & side
	Box Turn - Left	123 x 4	4m	FLOD	FLOD	
	--Repeat					
Tango Teach <ul style="list-style-type: none"> Promenade Turning Right (SSQQS) 	Basic– Straight	SSQQS	2m	FDW	FDW	
	Prom. Turn. Right	SSQQS	2m	FDW	FC, swivel DC Ag LOD	
	Prom. Turn. Right	SSQQS	2m	FDC Ag LOD	FW, swivel DW	
	Prom. Turn. Left	SSQQS	2m	FDW	FDC	1/8 turn left on TC
	Basic – Circular	SSQQS	2m	FDC	F Ag LOD	
	Basic - Circular	SSQQS	2m	F Ag LOD	FDW	
	--Repeat					
Viennese Waltz Review <ul style="list-style-type: none"> Forward Prog. Changes Balance Steps Teach <ul style="list-style-type: none"> 5th Position Breaks (123, 123) 	Balance Steps	123 x 4	4m	FLOD	FLOD	
	Fwd. Prog Changes	123 x 4	4m	FLOD	FLOD	
	5 th Position Breaks	123 x 4	4m	FLOD	FLOD	
	Fwd. Prog Changes	123 x 4	4m	FLOD	FLOD	
	--Repeat					

*** WEEK SEVEN ***						
LESSON PLAN	AMALGAMATIONS					
	FIGURE	TIMING	MEASURE	START	END	SPECIAL NOTES
Tango Review <ul style="list-style-type: none"> Promenade Turning Right Teach <ul style="list-style-type: none"> Corte – Double (QQSS QQSS QQS) 	Basic – Straight	SSQQS	2m	FLOD	FDC	1/8 turn L on TC
	Corte - Double	QQSS QQSS QQS	4m	FDC	FDW	No turn on TC
	Prom. Turn. Right	SSQQS	2m	FDW	FC, swivel DC Ag LOD	
	Prom. Turn. Right	SSQQS	2m	FDC Ag LOD	FW, swivel DW	
	Prom. Turn. Left	SSQQS	2m	FDW	FLOD	No turn on TC
	--Repeat					
Foxtrot Teach <ul style="list-style-type: none"> Sway Step (SSQQ) Routine 	2 Basics	SSQQ x 2	3m	FLOD	FLOD	
	Rock Turn Right	SSQQ	1.5m	FLOD	FW	
	2 Sway Steps	SSQQ x 2	3m	FW	FW	
	2 Promenades	SSQQ x 2	3m	FW	FW	
	Rock Turn Left	SSQQ	1.5m	FW	FLOD	
	--Repeat					

***** WEEK EIGHT *****

LESSON PLAN		AMALGAMATIONS				
	FIGURE	TIMING	MEASURE.	START	END	SPECIAL NOTES
Waltz Review • Box Turn – Left Teach • Routine	Progressive	123 x 4	4m	FLOD	FLOD	
	Box with UA Turn	123 x 4	4m	FLOD	FLOD	
	Box Turn - Left	123 x 4	4m	FLOD	FLOD	
	Progressive	123 x 4	4m	FLOD	FLOD	
	Balance Steps	123 x 8	8m	FLOD	FLOD	Repeat last 2m
	--Repeat					
Tango Review • Corte – Double Teach • Routine	<u>Wall 1</u>					
	Basic – Straight	SSQQS	2m	FDW	FDW	
	Prom. Turning Left	SSQQS	2m	FDW	FLOD	No turn on TC
	Basic – Straight	SSQQS	2m	FLOD	FLOD	
	Corte – Single	SSQQS	2m	FLOD	FDC	1/8 turn L on TC
	Basic - Circular	SSQQS	2m	FDC	F Ag LOD	
	Basic – Circular	SSQQS	2m	F Ag LOD	FDW	
	Prom. Turning Right	SSQQS	2m	FDW	F new LOD	
	<u>Wall 2</u>					
	Basic – Straight	SSQQS	2m	FLOD	FLOD	
	Basic – Straight	SSQQS	2m	FLOD	FDC	1/8 turn L on TC
	Corte - Double	QQSS QQSS QQS	4m	FDC	FDW new LOD	1/4 turn L on TC
	--Repeat					

(Week Eight continues on next page)