

Table of Contents

Resource Sheets: Running the Course

1. <i>Figure Overview</i>	1
2. <i>Teach Any New Terms, Concepts and Dance Positions</i>	2
3. <i>Teach the Leader's Part</i>	2
4. <i>Teach the Follower's Part</i>	4
5. <i>Dance with Partners</i>	4
6. <i>Leading and Following, and Styling the Figure</i>	5
7. <i>Share Teaching Tips</i>	6
8. <i>Dance an Amalgamation</i>	6
9. <i>Assign Homework</i>	7
Reviewing Figures	8
1. <i>Demonstrate the Figure</i>	8
2. <i>Review the Leader's Part</i>	8
3. <i>Review the Follower's Part</i>	9
4. <i>Dance with Partners</i>	9
5. <i>Dance an Amalgamation</i>	9
Teaching Routines	10
1. <i>Overview</i>	10
2. <i>Teach Leader's Part of Routine</i>	10
3. <i>Teach Follower's Part of Routine</i>	10
4. <i>Dance with Partners</i>	11
Teaching Move Like a Champion	12
1. <i>Overview</i>	12
2. <i>Introduce Move Like a Champion</i>	12
3. <i>Teach the Exercises</i>	12
Conducting Homework Presentations	14
1. <i>Overview</i>	14
2. <i>Two Types of Questions to Assign</i>	14
3. <i>When and How to Assign Questions</i>	15
4. <i>Conducting Presentations: Method #1 – As a Class</i>	16
5. <i>Conducting Presentations: Method #2 – In Small Groups</i>	19
6. <i>Tips for Specific Presentation Topics</i>	19
Graduation Requirements	21
1. <i>Graduating a Quarter</i>	21
2. <i>Graduating the Entire Course</i>	22
3. <i>Re-Taking Exams</i>	23
4. <i>Exam Coach</i>	24
5. <i>Graduation Celebrations</i>	24
Conducting Exam Days	26
1. <i>Overview of Exam Days</i>	26

Resource Sheets

2. <i>Preparing For Exam Days</i>	26
3. <i>Overview of Theory Presentations</i>	28
4. <i>Overview of Solo Amalgamations</i>	30
5. <i>Overview of Dancing Routine with Partner (Optional)</i>	32
6. <i>How to Conduct Exam Days</i>	32
7. <i>Scoring and Feedback</i>	35
8. <i>When Trainees Have Difficulties</i>	36
Explaining and Grading Written Tests	38
1. <i>Overview and Goals</i>	38
2. <i>Instructions for Completing Tests</i>	38
3. <i>Who and Why of Grading</i>	41
4. <i>How to Grade Tests</i>	41
5. <i>Answer Sheets</i>	42
Conducting Final Comprehensive Exams	43
1. <i>Overview</i>	43
2. <i>Information for Trainees</i>	46
3. <i>Exam Location</i>	50
4. <i>Conducting the Exam</i>	50
5. <i>Scoring the Private Lesson and Group Class</i>	53
6. <i>Scoring the Dancing Component</i>	55
7. <i>Scoring the Move Like a Champion Component</i>	57

Resource Sheets: General Dance Technique

Exercises for Warm-Up and Posture	59
1. <i>Overview</i>	59
2. <i>Exercises for the Whole Person</i>	60
3. <i>Exercises for Neck and Spine</i>	62
4. <i>Exercises for Shoulders and Chest</i>	63
5. <i>Exercises for Core Muscles</i>	65
6. <i>Exercise for Balancing Body Weight Over Feet</i>	66
Teaching the Foot Position Element	68
1. <i>Overview</i>	68
2. <i>Over 30 Foot Positions</i>	68
3. <i>Teaching Foot Positions</i>	69
4. <i>How to Present Foot Positions for Exams</i>	69
Teaching the Dance Position Element	71
1. <i>Overview</i>	71
2. <i>Preparatory and Transitional Information</i>	71
3. <i>How to Teach Dance Positions for Exams</i>	72
4. <i>How to Present Dance Position</i>	73
Teaching the Lead Element	75
1. <i>Overview</i>	75
2. <i>Four Main Types of Lead</i>	75

3. <i>Language of the Lead Element</i>	76
4. <i>How to Present Lead for Exams</i>	76
Teaching the Alignment Element	78
1. <i>Overview</i>	78
2. <i>Teach Alignments</i>	78
3. <i>Language of Alignment</i>	80
4. <i>How to Present Alignment for Exams</i>	81
5. <i>Alignment Game</i>	81
Teaching the Amount of Turn Element	83
1. <i>Overview</i>	83
2. <i>Language of Amount of Turn</i>	83
3. <i>Teaching Amount of Turn</i>	84
4. <i>How to Present Amount of Turn for Exams</i>	86
5. <i>Amount of Turn Game</i>	87
Teaching the Rise and Fall Element	88
1. <i>Overview</i>	88
2. <i>Language of Rise and Fall</i>	88
3. <i>Rise and Fall Rules</i>	89
4. <i>Teaching Rise and Fall</i>	92
5. <i>How to Present Rise and Fall for Exams</i>	93
Teaching the Footwork Element	94
1. <i>Overview</i>	94
2. <i>Language of the Footwork Element</i>	94
3. <i>Footwork Rules</i>	95
4. <i>Teaching Footwork</i>	97
5. <i>How to Present Footwork for Exams</i>	98
Teaching the Count Element	99
1. <i>Overview</i>	99
2. <i>Language of the Count Element</i>	99
3. <i>Teaching Count</i>	100
4. <i>How to Present Count for Exams</i>	101
Teaching the Sway Element	102
1. <i>Overview</i>	102
2. <i>Language of the Sway Element</i>	102
3. <i>Rules for the Sway Element</i>	103
4. <i>Teaching Sway in the Smooth Dances</i>	104
5. <i>How to Present Sway for Exams</i>	105
Teaching the CBM Element	107
1. <i>Define and Demonstrate CBM</i>	107
2. <i>Points About CBM</i>	107
3. <i>CBM is Not CBMP</i>	108
4. <i>CBM is the Opposite of Side Leading</i>	110

Resource Sheets

5. <i>Explain Slight CBM</i>	110
6. <i>Teach How to Present CBM for Exams</i>	111
Teaching the Summary Element	113
1. <i>Overview</i>	113
2. <i>How to Present Summary for Exams</i>	113
Exercises for Arm Styling	115
1. <i>Overview</i>	115
2. <i>Five Positions of the Arms</i>	115
3. <i>Follower's Hand Styling</i>	116
4. <i>Arm Movement Exercises</i>	117
5. <i>Arm Styling in Underarm Turns</i>	118
6. <i>Cuban Motion and Arm Styling</i>	122
Exercises for Frame and Connection	123
1. <i>Posture, Balance, and Weight Change</i>	123
2. <i>Latissimus Dorsi (Lat) Muscles</i>	124
3. <i>Practice Frames and Frame Exercises</i>	125
4. <i>Using the Center</i>	127
5. <i>Developing Sensitivity in Leading and Following</i>	128
6. <i>Creating Compression and Leverage</i>	129
7. <i>Exercises for Smooth Dance Frames and Connection</i>	136
Teaching Cuban Motion	139
1. <i>Cuban Motion Overview</i>	139
2. <i>Easy Beginner's Lesson</i>	139
Exercises for Cuban Motion	141
1. <i>Tap-Press-Straighten-Settle</i>	141
2. <i>Hip Movement Exercises</i>	143
3. <i>Rib Cage Isolation Exercises</i>	145
Musical Structures for Swing Dances	150
1. <i>Overview</i>	150
2. <i>Important Definitions</i>	150
3. <i>AABA Form</i>	151
4. <i>Twelve-Bar Blues Form</i>	154

Resource Sheets: Smooth Technique

Teaching Smooth Dance Frames	157
1. <i>Overview</i>	157
2. <i>Practice Frames</i>	157
3. <i>Closed Position Frame (Waltz, Foxtrot, and Viennese Waltz)</i>	158
4. <i>Promenade Position Frame (Waltz, Foxtrot, and Viennese Waltz)</i>	160
5. <i>Closed Position Frame (Tango)</i>	162
6. <i>Promenade Position Frame (Tango)</i>	163
7. <i>Open Handholds</i>	165

8. <i>Formal Method for Taking Closed Position</i>	166
9. <i>Exercises for Smooth Frame and Connection</i>	167
Teaching Forward and Back Walks	170
1. <i>Overview</i>	170
2. <i>Teach Forward and Back Walks</i>	170
3. <i>Powerful Movement Exercise</i>	172
4. <i>How to Present Forward and Back Walks for Exams</i>	173
Teaching Tango	174
1. <i>Tango Overview</i>	174
2. <i>Teach the Foot Positions</i>	175
3. <i>Develop the Quality of Movement</i>	175
4. <i>Teach Tango Frame</i>	177
5. <i>Dance with Partners</i>	178
6. <i>More Technique to Come</i>	178
Exercises for Tango Technique	179
1. <i>Shoulders</i>	179
2. <i>Location of Body Weight</i>	179
3. <i>Walks</i>	179
4. <i>Forward Walks</i>	182
5. <i>Back Walks</i>	182
6. <i>Tango Close</i>	183
7. <i>Promenade Position</i>	184
8. <i>Ending Figures in Promenade Position</i>	185
9. <i>Transitions from Promenade to Closed Position</i>	188

Resource Sheets: Rhythm Technique

Teaching Rhythm Dance Frames	189
1. <i>Latin Frame</i>	189
2. <i>Swing Frame</i>	192
3. <i>Bolero Frame</i>	193
4. <i>General Frame Tips</i>	195
Teaching Cha Cha	196
1. <i>Teach Chassé</i>	196
2. <i>Teach Break Steps</i>	196
3. <i>Put Chassés and Breaks Together</i>	197
4. <i>Teach Preparation Step</i>	197
5. <i>Dance Side Basic with Partners</i>	197
Teaching Bolero	198
1. <i>Bolero Overview</i>	198
2. <i>Bare-Bones Basic</i>	198
3. <i>Introduce Rise and Fall</i>	200
4. <i>Introduce Drop and Drift</i>	201
5. <i>Introduce Slip Pivot</i>	203

Resource Sheets

6. <i>Introduce Wind-Up and Contra Check Action</i>	204
Teaching East Coast Swing	207
1. <i>Teach Triple Step</i>	207
2. <i>Teach Rock Step</i>	207
3. <i>Teach Basic</i>	208
4. <i>Dance Basic with Partners</i>	209
Teaching Swing Hip Action	210
1. <i>Overview of Swing Hip Action</i>	210
2. <i>Swing Hip Action Exercise</i>	210
3. <i>East Coast Swing: Adding Bounce to Swing Hip Action</i>	211

Resource Sheets: Nightclub Technique

Teaching Nightclub Dance Frames	212
1. <i>Overview</i>	212
2. <i>Nightclub Two Step Frames</i>	213
3. <i>Salsa Frames</i>	214
4. <i>Hustle Frames</i>	215
5. <i>Lindy Hop Frames</i>	216
6. <i>Argentine Tango Embrace</i>	218
7. <i>Teach Handholds for Open Positions</i>	220
8. <i>Create Good Connection</i>	221