

Cathy Ewing and Company, Colorado's Social Dance Specialists

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COUNTRY-WESTERN DANCING

RULES:

1. NOBODY gets hurt (physically or emotionally)
2. EVERYBODY has fun.

Please note that the syllabus may change from time to time based upon the needs and interests, and requests of the students and the whims of the instructor(s). This class is designed to get you out dancing and practicing very early. Repeat, Repeat, Repeat, your classes—Repeats are FREE.

1. Rhythm Patterns

- a. Triple Step (Quick, Quick, Slow) (●●—)
 - b. 2-Step (Quick, Quick, Slow) Slow (●●—) —
 - c. Double 2-Step (QQS),(QQS), S, S (●●—),(●●—),—,—
 - d. Occasionally Cowboy Cha Cha, or other “Line Dances”
2. Line of Dance and travel around the floor
 3. Dance Position- Dance Hold and Posture
 - a. Suggestion: Stay in the Open, Horseshoe, Basket, Conversation, Sweetheart positions. Do not attempt to dance in the “closed or parallel position until you have your feet working properly without having to think about them.
 4. Lean of the body to improve mobility
 5. Stepping Techniques (heel, toe, turning)
 6. Dance Character and Style
 7. Basic Leading and Following
 - a. Visual Leads
 - b. Tactile Leads
 - c. Swing and Turning Leads
 - i. Under Arm Turns
 1. Stationery or Passing
 2. Left and Right
 3. Left Hand, Right Hand, Both Hands
 8. Patterns
 - a. Sweetheart
 - b. Baskets (right, left, right) (switches),rotation
 - c. Passes
 - d. Figure 8
 - e. Pretzels
 - f. Tucks
 - g. Rolls
 - h. Double Under Arm Turns
 - i. Belly Roll
 - j. Free Spin
 - k. Arm Slide
 9. Getting to the Closed Position
 10. Country or Polka Turns

Don't forget to Play!