

Cathy Ewing and Company, Colorado's Social Dance Specialists

www.ifyoucantdance.com

(303) 733-8107

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BALLROOM (SMOOTH) STEPLISTS

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 of the students and the whims of the instructor(s). Direction of movement listed below is referring to the men's footwork. Ladies footwork varies due to dance position.

Most students need about 3-4 REPEAT CLASSES to start to become comfortable with the material and to start implementing proper techniques. Repeating classes are not a sign of failure to learn, but a sign of dedication to learning. The step lists are merely an aid to remembering what you are learning in class. Repeat, Repeat, Repeat, your classes—Repeats are FREE.

Waltz Patterns

1. Balance Steps
 - a. Forward (with either foot),
 - b. Back (with either foot)
 - c. Side to Side
 - d. 1/5 position Balance steps (or "1/5th position Breaks)
2. Box Steps
 - a. Left Box
 - b. Right Box
3. Turning Boxes with bridges (Left and Right)
4. 6-Count Under Arm Turn
5. 1/5 position Breaks with 3count Under Arm Turn
6. Open Twinkle and Close
7. Open Twinkle and Roll

Fox Trot 4-count or box patterns (aka "1-step patterns")

1. Box Steps
 - a. Left Box
 - b. Right Box
2. Turning Box (Left and Right)
3. Walk Around Turn (same as Waltz 6-count Under Arm Turn with timing change)
4. 1/5th Position Breaks
5. Open Twinkle and Close
6. Open Twinkle and Roll

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Fox Trot 6-Count Patterns (aka "2-step patterns")

1. Forward, forward, Side, together
2. Back, back, Side, together
3. Forward, back, Side, together
4. Back, forward, Side, together
5. Side, forward, Side, together
6. Side, back, Side, together
7. Side, side, Side, together ("Pendulum")

Practice:

1. Facing Diagonal Wall #1, Backing diagonal wall #2
2. Facing Wall #3 and #4 (changing position to //R and //L)
3. Turn to conversation and practice #1, close position and #7
4. Link 4-count patterns and 6-count patterns

Tango Patterns

1. Promenade #1 (Forward, forward, Tango Close)
2. Promenade # 2 (Side, forward, Tango Close)
3. Promenade #3 (in conversation, Forward, forward, Tango Close)
4. Doble Corte
5. La Puerta

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Fox Trot (Two-Step Basic Patterns)

2-Step Patterns	Slow	Slow Quick	Quick	
6-Count	1,2 —	3,4 —	5 •	6 •
Forward Basic //	—	—	•	•
Man	F	f	S	tg
Woman	b	B	s	TG
Back Basic //	—	—	•	•
Man	B	b	S	tg
Woman	f	F	s	TG
Side Basic //	—	—	•	•
Man	S	s	S	tg
Woman	s	S	s	TG
Left Turn //	—	—	•	•
Man	F↑	b	S	tg
Woman	b↑	F	s	TG
Right Turn //	—	—	•	•
Man	B↓	f	S	tg
Woman	f↓	B	s	TG
Conversation <	—	—	•	•
Man	F<	f<	S//	tg
Woman	F<	F<	s//	TG

Waltz & Fox Trot (4-count) Patterns

Fox Trot Timing	Slow	Quick	Quick	Slow	Quick	Quick
1-Step Patterns	1,2	3	4	5,6	7	8
4-Count	—	•	•	—	•	•
Waltz Timing	1	2	3	4	5	6
	—	—	—	—	—	—
Basic Box						
Fox Trot Timing	—	•	•	—	•	•
Waltz Timing	—	—	—	—	—	—
Man	F	s	TG	b	S	tg
Woman	b	S	tg	F	s	TG
Left Turning Box						
Fox Trot Timing	—	•	•	—	•	•
Waltz Timing	—	—	—	—	—	—
Man	F↑	s	TG	b↑	S	tg
Woman	b↑	S	tg	F↑	s	TG
Bridge (Left)						
Fox Trot Timing	—	•	•			
Waltz Timing	—	—	—			
Man	F	s	TG			
Woman	b	S	tg			
Right Turning Box						
Fox Trot Timing	—	•	•	—	•	•
Waltz Timing	—	—	—	—	—	—
Man	f↓	S	tg	B↓	s	TG
Woman	B↓	s	TG	f↓	S	tg
Bridge (Right)						
Fox Trot Timing				—	•	•
Waltz Timing				—	—	—
Man				f	S	TG
Woman				B	s	tg

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Tango

Rhythm	Slow	Slow	Quick	Quick	Slow
Count	1,2	3,4	5	6	7,8
	—	—	(Tan	go	Close)(TGCL)
	—	—	•	•	—
Basic	—	—	•	•	—
Man	F	f	F	s	TG N/W
Woman	b	B	b	S	tg n/w
Basic Outside Partner	—	—	•	•	—
Man	F//r	f	TGCL		
Woman	b//r	B	tgcl		
Promenade	—	—	•	•	—
Man	<F	f	//TGCL		
Woman	<f	F	//tgcl		
Promenade w/ back close	—	—	•	•	—
	—		back (BTGCL)		
	<F	f	//BTGCL		
	<f	F	//ftgcl		
La Puerta	1	2 3,4	5.6	7 8 1,2 3.4	5 6 7,8
	•	• —	—	• • — —	• • —
Man	Rock	& Back, Recover			
Woman	F	b B	f	(Repeat)	TGCL
	b	F f&Fan	F	(Repeat)	tgcl