

Hilo Bay Dance Club

Third Quarter: July – September 2010

Classes:

Country Two Step	Beginning	7:00 – 7:40 PM
Samba	Intermediate	7:40 – 8:20 PM
Nightclub Two Step	Advanced	8:20 – 9:00 PM

Location: Hilo ELKS Lodge
150 Kinoole Street
Park in back and go up the stairs
Registration is 6-7 PM before lessons #1, 2, & 3

Classes are Tuesday evenings from 7-9 PM. Social dance/practice nights are Friday from 7-9 PM.

Lesson #1	July 6th	Practice #1	July 9 th
#2	July 13 th	#2	July 16 th
#3	July 20 th	#3	July 23 rd
#4	July 27 th	#4	July 30 th
#5	August 3 rd	#5	August 6 th Pupu Party
#6	August 10 th	#6	August 13 th
#7	August 17 th	#7	August 20 th
#8	August 24 th	#8	August 27 th
#9	August 31 st	#9	September 3 rd
10#	September 7 th	#10	September 10 th Pupu Party

Hilo Bay Dance Club – Syllabus July – September 2010

These are the scheduled steps. The instructors reserve the right to make changes as appropriate.

BEGINNING COUNTRY TWO STEP

1. Progressive Basic, Promenade Basic
2. Right Turning Basic, a) Half Turn with Natural Finish, b) with Crossbody Lead
3. Promenade Pivot
4. Left Underarm Turn from Promenade
5. Right Underarm Turn from Promenade
6. Wrap, a) with Walk Out, b) with Check Turn
7. Sweetheart, a) Check Turn with Right Hand, b) Check Turn with Left Hand
8. Closed Grapevine
9. Hand to Hand Grapevine, a) Forward, b) Backward
10. Review

INTERMEDIATE SAMBA

1. Review last quarter
2. Rolling Box
3. Volta to Left and Right
4. Open Break
5. Advanced Left Turn
6. Contra Bota Fogas
7. Side Samba Walks and Voltas
8. Bota Foga Combination
9. Roll In & Out
10. Review weeks 2-9

ADVANCED NIGHT CLUB TWO STEP

1. Review last quarter
2. Progressive Flip Flop with Man's Turn
3. Outside Turn with Man's Hand Change
4. Traveling Right Turn
5. Shadow Traveler
6. Alternating Turns and Around the Back
7. She Goes, He Goes
8. Alternating Rondes
9. Spinning Hammerlock, Cradle and Corté
10. Review weeks 2-9