

# Hilo Bay Dance Club

*First Quarter: January - March 2012*

<b>Bolero</b>	<b>Beginning</b>	<b>7:00 – 7:40 PM</b>
<b>Foxtrot</b>	<b>Intermediate</b>	<b>7:40 – 8:20 PM</b>
<b>West Coast Swing</b>	<b>Advanced</b>	<b>8:20 – 9:00 PM</b>



Location: Hilo ELKS Lodge, 150 Kinoole Street  
Park in back, off Ululani St, and go up the stairs  
Registration before class, weeks #1, 2, & 3

Classes are Tuesday evenings from 7-9 PM. Practice nights are Friday from 7-9 PM, with the first ½ hour spent reviewing steps.

<b>Lesson #1</b>	<b>January 3<sup>rd</sup></b>	<b>Practice #1</b>	<b>January 6<sup>th</sup></b>
#2	January 10 <sup>th</sup>	#2	January 13 <sup>th</sup>
#3	January 17 <sup>th</sup>	#3	January 20 <sup>th</sup>
#4	January 24 <sup>th</sup>	#4	January 27 <sup>th</sup>
#5	January 31 <sup>st</sup>	#5	February 3 <sup>rd</sup> Pupu Party
#6	February 7 <sup>th</sup>	#6	February 10 <sup>th</sup>
#7	February 14 <sup>th</sup>	#7	February 17 <sup>th</sup>
#8	February 21 <sup>st</sup>	#8	February 24 <sup>th</sup>
#9	February 28 <sup>th</sup>	#9	March 2 <sup>nd</sup>
10#	March 6 <sup>th</sup>	#10	March 9 <sup>th</sup> Pupu Party

# Hilo Bay Dance Club – Syllabus

## January – March 2012

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

### ***BEGINNING BOLERO***

1. Basic Movement
2. Open Break and Underarm Turn
3. Underarm Pass
4. Left Side Pass
5. Crossover Breaks
6. Check and Circular Walks
7. Romantic Sways
8. Check Underarm Pass
9. Spot Turn Combination
10. Review

### ***INTERMEDIATE FOXTROT***

1. Review beginning steps
2. Promenade Twinkles
3. Promenade Twist
4. Promenade Pivot
5. Running Steps in Basic Rhythm
6. Running Steps in Box Rhythm
7. Open Left Box
8. Open Right Box
9. Advanced Grapevine
10. Review

### ***ADVANCED WEST COAST SWING***

1. Rewind Whip
2. Push Break with Taps
3. Reverse Underarm with Man's Roll In
4. Man's Neck Wrap
5. Lady's Left Side Pass with Hip Stop
6. Stalker Whip
7. Underarm Turn with Attitude
8. Oh Crap Break
9. Right Side Pass with Small Slide
10. Whip with Travel Hits