

Teaching methods: practice (RD specific)

From known to unknown -> Examples

Cha Cha

- Basic (forward & back)
- Fence Line (X in front twice)
- NewYorkers = overdo Fence Line (same footwork as fence line, but rotate upper body)
- Spot turn = overdo NewYorkers (with a full turn, the first step is the same as in NYer)
- Fence line (X in front)
- Time step (X in behind)
- Hand to hand (overdo time step, but rotate upper body)

Rumba

- cha without cha (at least in beginner class)

Waltz

- Waltz box
- Left turning waltz box
- 2 Left turns
- Diamond turn
- Hover
- Whisk

2step

- 2 forward 2steps
- Circle away 2 2s;; circle tog 2 2s (like 2x 2 fwd 2s, but in a circle)
- Circ away & tog (small circle)
- Rock back & recover (with rotation)
- Pivot
- Side 2step
- 2 turning 2steps (Man: sd 2step, Lady side cl forward;
Man side close forward, Lady sd 2step)
- Side 2steps
- Face to face, back to back (starts with sd 2step, but turn on last step)

Revisions

Nr.	Changes	Release	Contrib.	Date
1	1 st version	1.0	MP	2013/11