



ELEMENTARY BALLROOM

Dance Syllabus - LEVEL 1

*Rhythm change

MERENGUE 1 - Man face wall, Lady face center, moving to side down Line of Dance

Side Basic		8 ct
Ladies Underarm Turn (DP ct 6, side close 7,8)		8 ct
Side Basic		8 ct
Arm Slide		8 ct
Progressive Conga	(2x)	16 ct

CHA CHA 1 - Man right shoulder to audience and face wall, Lady left shoulder to audience

Basic	(2x)	16 ct
Crossover Breaks	(3x)	12 ct
Walk Around Turn		4 ct
Basic – end in two hand	(2x)	16 ct
Two Hand Breaks w/arch		16 ct
Progressive Basic	(2x)	16 ct
Chase – Full turn	(2x)	16 ct
Ladies Underarm Turn		8 ct

TANGO 1 - Man face LOD, Lady backing LOD, moving Line of Dance

Basic – end in PP to center	(2x)	ss qqs	16 ct
Promenade Center & Wall		ss qqs	16 ct
Open Fan to DP		ss qq&s	16 ct
(lady walk ½ circle to DP)		ss qqs	
Basic	(2x)	ss qqs	16 ct
Rocks (2 hand hold)		ss qqs	16 ct
		qqq qqs	

FOXTROT 1 - Man face LOD, Lady backing LOD, moving Line of Dance

Basic	(2x)	ssqq	1-6, 7-8, 1-4
Curve to Wall		ssqq	5-8, 1-2
Promenade Walk		ssqq	3-8
Promenade Arch		ssqq	1-6
*Swing Step – run through	(2x)	qqqqqq	7-8, 1-8, 1,2
Rock Turn		ssqq	3-8

SWING 1 - Man right shoulder to audience and face wall, Lady left shoulder to audience

Basic	(2x)	1-6, 7-8, 1-4
Loop In (1/4 turn to DP)		5-8, 1-2
Basic		3-8
Turning Basic	(2x)	1-8, 1-4
Basic		5-8, 1-2
Throw Out		3-8

*(Dance to **Throw Out** and then repeat from the beginning of routine for ATM in Jan. Add **Stop & Go** for*

UVU)

*Stop & Go	(2x)	1-8, 1-8
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