

How to Learn 8 Dances in 10 minutes

Teacher's Outline

Who wants to learn 8 Dances in 10 Minutes?? ME!

Let's begin by learning Elements of Dancing.

The **first Element** is **WALKS** - Let's walk forward together, now back together
What other direction can we go? Side rt, Side left

What is the 1st Element? WALKS

The **second Element** is **BOX STEP** - (Teach)

Forward

Side

Together (Change Weight)

Back

Side

Together (Change Weight)

(Dance it 2-3 times.)

The Box step is made up of walking actions.

(Dance Box 1 more time)

How many Elements do you know? Two - Walks & Box Step

Now that you know the Box Step you can do 2 dances. The first dance is the WALTZ.

This dance is very classical and has rise and fall to it. Let's do it 1,2,3 1,2,3 1,2,3 1,2,3

What is the name of this dance? WALTZ

Now we use this same step - Box Step and we add

Soft knees

Cuban Motion

Timing Slow Quick Quick

And the Dance is called American Rumba

Slow, Quick, Quick Slow, Quick, Quick Slow, Quick, Quick Slow, Quick, Quick

How Many Dances do we know? 2 Waltz, Am Rumba

Dance them one more time - Waltz - Rumba

Now remember our side walks or side steps. We went to the right.... and to the left...

If we add that cuban action and we step Side - Together for 7 counts and touch on 8
Then go the other way to the left and repeat

We now have our 3rd dance the Merengue

Dance it together 1 2 3 4 5 6 7 8 1 2 3 4 5 6 7 8

How many dances do we know? 3 Waltz, Am Rumba, Merengue

Dance again WALTZ – RUMBA – MERENGUE

Now adding the 3rd Element - TRIPLE STEP

If two is Double what is three? - Triple

So we step 3 steps to the left and 3 steps to the right we have our 4th dance called the POLKA

Start to the left and then to the right and just do Triple Steps - say it with me... Triple Step,
Triple Step, (do it at least 8 times)

What is the name of this dance? Polka

Lets try it again and see if we can turn it this time?

How many dances have we learned? 4
How many elements have we learned? 3 Walks, Box Step, Triple

Now we will add our 4th Element which is a ROCK STEP

Teach and demo the Rock Step on the Left Foot, (Shifting weight back and forward)
If we can do it on the left foot we can do it on the Right Foot - do it on the right

If you can do it back can you also do it forwards - Let's do it forward with the Left ... Right
Can you do it to the side? Left and Right?

Now if you combine the **ROCK STEP with 2 TRIPLE STEPS we have a dance called SWING**

Dance the Swing Basic as man's part with left foot rock
Now switch to the Left Foot and do the Basic as a ladies' part

Most of the time the man will dance the left foot rock and the lady will dance the right foot rock
but it can change with different steps.

What is the name of this dance? Swing (Triple Swing)
How many dances have we learned? 5

Quickly dance through each dance - Waltz, Rumba, Merengue, Polka, Swing

Now if we combine the Rock Step and close the feet we have a **new dance called Salsa or Mambo**

Rock Step (forward left)
Together
Rock Step (back right)
Together

Repeat

Now rock to the side

Rock Step (side left)
Together
Rock Step (side right)
Together

Repeat

<p>What is this dance called? Salsa or Mambo Name Elements we have learned: Walks, Box Step, Triple Step, Rock Step</p>
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LAST DANCE

If we put the **ROCK STEP together with the TRIPLE STEP**
we have our last dance # 8 called CHA CHA

Teach Cha Cha Basic (Rock Step , Triple Step.....) Do it 8 times

Did we do it? 8 Dances in 10 Minutes!!!! Mission Accomplished!

TEACHERS

Now go back and review them all one more time and put the combo together that works with the Music "8 Dances in 10 Minutes".

Play the Song and demo it with them so they can follow you.

Remember to make this experience fun and empowering for the students.

Don't be frantic but keep it simple and quiz them along the way.