



**JUNIOR HIGH BALLROOM  
FOCUS TEACHING  
2022-23**

**“How we do the what”**

**Definition of FOCUS:** center, focal point, center of attention, hub, pivot, nucleus, heart, cornerstone, basis

1. the center of interest or activity.
2. the state or quality of having or producing clear visual definition.

**Definition of ELEMENT:** a part or aspect of something abstract, especially one that is essential or characteristic.

<b>F</b>	<b>FOOT POSITIONS FOOT WORK</b>	<ul style="list-style-type: none"> <li>• Body</li> <li>• Floor</li> </ul>
<b>O</b>	<b>OPTIMAL DIRECTION</b>	<ul style="list-style-type: none"> <li>• Alignments</li> <li>• Amount of turn</li> </ul>
<b>C</b>	<b>CORRECT CONNECTION</b>	<ul style="list-style-type: none"> <li>• Floor</li> <li>• Partner</li> </ul>
<b>U</b>	<b>UNIQUE DETAILS</b>	<ul style="list-style-type: none"> <li>• Movement quality</li> <li>• Kind of Steps</li> </ul>
<b>S</b>	<b>STYLE OF DANCE</b>	<ul style="list-style-type: none"> <li>• CART</li> <li>-Character</li> <li>-Action</li> <li>-Rhythm</li> <li>-Technique</li> </ul>