



ELEMENTARY BALLROOM

Dance Syllabus – Intro to Ballroom

Intro to Ballroom Curriculum – one day a week class that meets for 60 minutes and for 13 weeks of instruction per semester with a Dance Demonstration Party in December and a choreographed routine for Showcase in April.

The purpose of this curriculum is to introduce the students to a fun ballroom dance experience. Keep it simple and exciting so the students will enjoy coming back each week. The introductory class should be filled with many dance education opportunities, including: Brain dance, Partner Warm Up, Chance Dance, Dance Making, Folk Dance, and Ballroom Dance History. We understand you may not get through all this material and that is okay as long as the students are having fun and want to continue to learn. It is important to prepare the students for a parent presentation, so 2nd semester will most like be the time to focus on a choreographed dance.

FIRST SEMESTER

1. Respect Lesson Plan
2. Partner Warm Up
3. Brain Dance
4. Merengue History
5. Merengue Steps – **danced in 2-hand hold**
 - Basic
 - Arm slide
 - Basic
 - Ladies Underarm Turn (8 count)
 - Basic
 - Man's Underarm Turn (8 count)
 - Basic
 - Alternating Underarm Turns together (16 count)
6. Folk Dance – “Oh Johnny Oh” – may use any other Folk Dance
7. Cha Cha History
8. Cha Cha Line Dance
9. Cha Cha Steps – **danced 2-hand hold**
 - Basic – 2 times
 - Cross Over Breaks – 3 times
 - Walk Around Turn – 3 times
 - Basic – 2 times
 - Ladies Underarm Turn
10. Swing History
11. Swing Line Dance
12. Dance Games – play lots of dance games
13. Chance Dance with either Merengue or Cha Cha
14. Etiquette Challenges
15. Prepare for the December in-class Demonstration for parents

SECOND SEMESTER

1. Prepare for Cha Cha Performance Routine – may use “Walk the Dinosaur” Cha Cha/Disco Routine or choreograph own routine – add Cha Cha compact hold to routine
2. Reinforce: Respect Lesson Plan
3. Review: all other things taught first semester
4. Swing – if there is time
 - Basic – 2x
 - Loops – 2x
 - Basic – 2x
 - Throw Out
 - Basic
 - Throw In

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Weekly Schedule 2019 – Intro to Ballroom

Week 1 Sept 3-6 (Labor Day on 2nd)

Introduce “Respect” lesson plan, **Teach Partner Warm Up**, play games

Week 2 Sept 9-13

Reinforce “Respect” lesson plan, Partner Warm Up, **Teach Merengue Basic & Armslide**, play games, Merengue History, play games

Week 3 Sept 16-20

Reinforce “Respect” lesson plan, Partner Warm Up, Review Merengue History, play games
Teach Merengue Ladies Underarm Turn and Man’s Underarm, Turn & Alternating Underarm Turn

Week 4 Sept 23-27

Review Merengue Routine
Teach “Oh, Johnny, Oh” Folk Dance, play games

Teacher Meeting September 25

Week 5 Sept 30- Oct 5

Review “Oh, Johnny, Oh” Folk Dance,
Teach Cha Cha History & Line Dance, Play Games

Week 6 Oct 7-11

Review Partner Warm Up, Cha Cha History & Line Dance,
Put students together for Basic, Cross Over Break & Walk around Turn, **Teach Cha Cha Ladies Underarm Turn**,
Use 2-hand hold for most of the semester until students feel comfortable with feet - play games

Week 7 Oct 14-16 (Fall Break Oct 17-21)

Practice all dances – Oh Johnny Oh, Merengue, Cha Cha, and Cha Cha Line Dance, Use Halloween Music

Week 8 Oct 22-25

Reinforce “Respect” lesson plan, Partner Warm Up, Review all dances again

Teacher Meeting Oct 23

Week 9 Oct 28-Nov 1 (Halloween Fun!)

Reinforce “Respect” lesson plan, Partner Warm Up, Play Chance Dance with any learned dance, play Halloween games

Week 10 Nov 4-8

Teach Level 1 Swing Line Dance

Week 11 Nov 11-15

Review Level 1 Swing Line Dance, play games

Week Nov 18-22

Review All Dances - Prepare for Class Party – Entrances & Exits, Etiquette challenge, pass out assignments for dance history presentation

Teacher Meeting Nov 20

Week 12 Nov 25-Nov 26 (Thanksgiving Break Nov 27-29)

NO CLASSES

Week 13 Dec 2-6

Review All Dances - Prepare for Class Party – Entrances & Exits, Etiquette challenge, pass out assignments for class party treats and dance history presentation, pass out treat assignments for in-class party

Week 14 Dec 9-13

Class Party/Demonstration