

ELEMENTARY BALLROOM

1st Half of the Year: Weekly Schedule 2019 – LEVEL 1

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

Jump Start Your Class, Introduce “Respect Lesson Plan”, Teach dance directions & partner warm-up
Merengue - Side Basic, Ladies Underarm Turn

Week 2 Sept 9-13

Merengue – Arm slide, Progressive Conga
Remember to let students dance on their own w/music, play games

Week 3 Sept 16-20

Foxtrot – Basic, Curve Step, Promenade Walk and Arch
Teach Foxtrot in line across floor before introducing LOD

Week 4 Sept 23-27

Foxtrot – Swing Step, Rock Turn
Emphasize heel leads, coming through neutral position with legs passing and driving forward

Teacher Meeting Sept 25

Week 5 Sept 30-Oct 4

Cha Cha – Line Dance, Basic, Crossover Break, Walk Around Turn
Review Cuban action, emphasize man lead, play game – girls close eyes for cross over break leads

Week 6 Oct 7-11

Cha Cha – Two Hand Breaks w/arch, Progressive Basic
Review Cuban action, Review Merengue

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

Review all material. Merengue, Foxtrot, Cha Cha

Week 8 Oct 22-25

Cha Cha - Full Chase, Ladies Underarm Turn
Teach ATM Swing Line Dance

Teacher Meeting Oct 23

Week 9 Oct 28 - Nov 1 (Halloween Fun M/W classes or T/TH classes)

Swing – Basic, Loop In, Emphasize man lead, sharpness, and compressed knees throughout dance
Review dances, Use Halloween music and games

Week 10 Nov 4-8

Swing – Turning Basic, Throw Out
Emphasize down action, heel touching floor. Review all dances
Finish Swing Line Dance

Week 11 Nov 11-15

Swing – Stop & Go (or skip this step and teach after ATM if you need this week to catch up)
Emphasize Wendy’s not McDonald’s action for swing. Review all dances

Week 12 Nov 18-22

Tango – Basic, Basic – end in PP to center, Promenade Center & Wall
Teach in a line across the floor before introducing LOD. Review Swing

Teacher Meeting Nov 20

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

NO CLASSES *If you do have a class, review all material.

Week 13 Dec 2-6

Tango – Open Fan to Dance Position (DP), Emphasize man lead, sharpness, and compressed knees throughout dance
REVIEW ALL DANCES, Get ready for class parties, set entrances/exits and bows, Use Christmas Music, Hand out treat assignments

Teacher Meeting Dec 4

Week 14 Dec 9-13

Tango – Rocks, Emphasize down action, heel lead
REVIEW ALL DANCES AND LINE DANCE– Class Party

(8/19)

ELEMENTARY BALLROOM

2nd Half of the Year: Weekly Schedule 2020 – LEVEL 1

Week 1 **Jan 6-10** *Teacher Disco Routine Jan 7*
Review all dances and swing line dance

Week 2 **Jan 13-17** **Alpine Team Match Jan 18**
Get ready for Alpine Team Match, walking on, counting in, ending with a bow, and walking off the floor.
Review all dances and swing line dance

Week 3 **Jan 21-24 (Mon. MLK Day)** **UVU Team Match Meeting Jan 22**
Swing – Stop & Go
Set Swing Partners for EB Swing Event

Week 4 **Jan 27-31**
Dance Swing Partners together, practice starting routine with students counting themselves in
Review all dances

Week 5 **Feb 3-7** **UVU Team Match Feb 8**
Get ready for UVU Team Match, walking on, counting in, ending with a bow, and walking off the floor.

Week 6 **Feb 10-14**
Begin Showcase Routine

Week 7 **Feb 18-21 (Mon. Washington-Lincoln Day)** **Teacher Training Feb 19**
Review Swing Line Dance to use for Showcase

Week 8 **Feb 24-28**
Continue working on Showcase Routine

Week 9 **March 2-6**
Continue working on Showcase Routine

Week 10 **March 10-13 (Mon. Professional Development)**
Continue working on Showcase Routine and Swing Line Dance

Week 11 **March 16-20**
Continue working on Showcase Routine and Swing Line Dance

Week 12 **March 23-27**
Options: Review material, dress rehearsal for Showcase

Week 13 **March 31-April 3**
Options: Possible Showcase this week? *(Be careful because some families leave this week for an early Spring Break)*

Week **April 6-10 (Snow make up, Teacher Comp, & Spring Break)**
NO CLASSES

Week 14 **April 13-17**
Options: Review material, dress rehearsal, class party if you've already completed your Showcase

Week 15 **April 20-24 (Optional Week)**
Options: Review material, dress rehearsal, class party if you've already completed your Showcase, or no class if you already finished
