

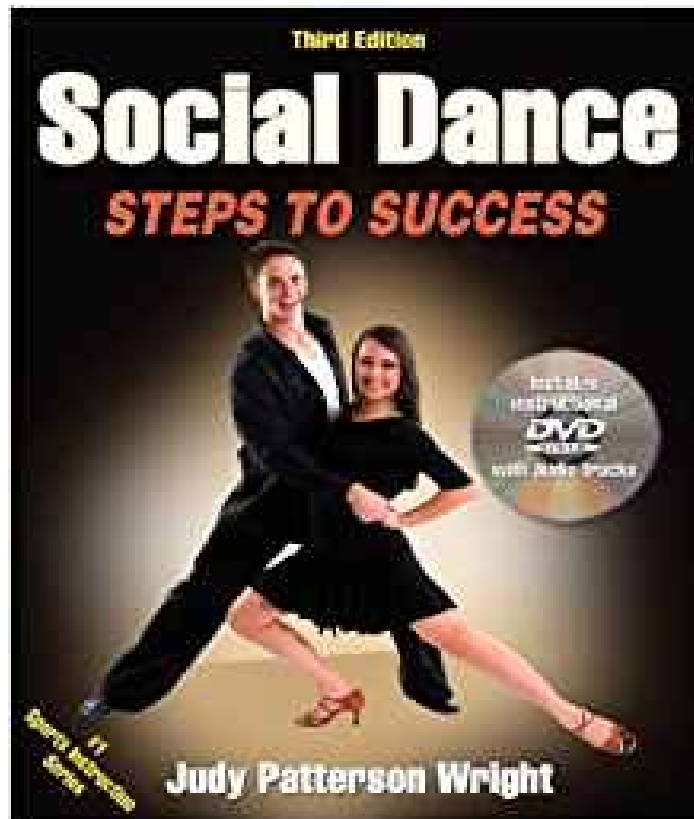


**ASCENT
ADVANTAGE
ACADEMY**
A DBA OF BEEHIVE LDS SCHOOLING, LLC

ASPIRE HIGHER

684 South 700 East, St. George, Utah 435-773-3766
www.ascentadvantageacademy.com director.ascentacademy@gmail.com

Dance 10 A: **Social Dancing II**



Syllabus compiled and written by
Mary C. Kessler, Curriculum Director
© 2018, 2020 by Beehive LDS Schooling, LLC.

Dance 10A: Social Dancing II

PREREQUISITE: SOCIAL DANCING I

Social Dance I included the Fox Trot, Waltz, Merengue, Four and Six Count Swing, the Polka, and the Cha-Cha and is preliminary and fundamental to the last three dances: the Rumba, the Tango and the Salsa/mambo.

This course uses the same format as Social Dancing 9 as it uses both a manual and a DVD for instruction.

Objectives:

- To review the preliminaries to Dance Instruction
- To review the seven dances learned in Social Dance 9.
- To learn and practice to ease of performance each of the three dances presented.

Materials:

- *Social Dance: Steps to Success*, by Judy Patterson Wright. Includes a CD/DVD with instructional information and moves on the DVD side and music tracks for use while dancing on the CD side. \$17.48 at amazon.
- DVD/CD player(s)
- Partner to help you learn the dances.
- Space to dance.

Course Format:

- A series of progressive lessons and exercises leading to proficiency in the ten social dances presented.
- Self-paced. Weekly Rs are NOT inserted to allow for the Self-pacing.
- 180 Lessons total. If able, maybe finished sooner than 180 lessons or 180 days.

Dance 10A: Social Dancing Lessons

Lessons are listed for ease of scheduling certain activities that go together.

They may take you a part of a day or several days.

Just complete one lesson as given before proceeding to another.

Lesson 1 – Review Dance Etiquette on pages 291-300

Lesson 2 – Review Part I, p. 3-16

Lesson 3 – Review Step 2 – Music Structure, p. 17 – 30

Lesson 4 – Review Step 3 – Dance Rhythm Strategies, p. 31-42

Lesson 5 – Review Step 4 – Partner Dynamics and Etiquette, p. 43-60

Lesson 6 – Dance through DVD Merengue Drill 7 - Show You Know The Merengue

Lesson 7 – Dance through DVD Swing/Hustle Drill 8 / Combination B –
Show You Know the Swing/Hustle

Lesson 8 – Dance through DVD Waltz Drill 11 – Combination C –
Show You Know the Waltz

Lesson 9 – Dance through DVD Six Count Swing Drill 17 – Combination D -
Show You Know the Six Count Swing

Lesson 10 – Dance through DVD Fox Trot Drill 17 – Combination E -
Show You Know the Fox Trot

Lesson 11 – Dance through DVD Polka Drill 15 – Combination E -
Show You Know the Polka

Lesson 12 – Dance through DVD Cha Cha Drill 15 – Combination E -
Show You Know the Cha Cha

END of REVIEW – BEGINNING of the NEW - BEGIN THE RUMBA

Lesson 13 – Rumba, p 231 – 235

Lesson 14 – Drill 1, p. 235-236

Lesson 15 – Drill 2, p. 237

Lesson 16 – Drill 3, p. 237-238

Lesson 17 - DVD Combination A – Practice

Lesson 18 – Drill 4, p. 238-239

Lesson 19 – Drill 5, p. 240

Lesson 20 – DVD Combination B – Practice

Lesson 21 – Drill 6, p. 241-242

Lesson 22 – Drill 7, p. 242-243

Lesson 23 – Combination C – Practice

Lesson 24 – Drill 8, p. 243-244

Lesson 25 – Drill 9, p. 245-246

Lesson 26 – DVD Combination D - Practice

Lesson 27 - Drill 10, p. 247-248

Lesson 28 – Drill 11, p. 248-250

Lesson 29 – 35 Drill 12 – DVD Combination E – Practice the Rumba
Lessons 36-42 – Practice All Dances
Lesson 43 – Tango, p. 253–257
Lesson 44 – Drill 1, p. 257-258
Lesson 45 – Drill 2, p. 258-259
Lesson 46 – DVD Combination A - Practice
Lesson 47 - Drill 3, p. 259–260
Lesson 48 – Drill 4, p. 261
Lesson 49 – DVD Combination B – Practice
Lesson 50 – Drill 5, p. 262-263
Lesson 51 – Drill 6, p. 263-266
Lessons 52-55 – Drill 7, P. 266-267, DVD Combination C – Practice
Lessons 56-64 – Practice the Nine Dances You Know – ENJOY!
Lesson 65 – Salsa/Mamba, p. 269-271
Lesson 66 – Drill 1, p. 272-273
Lesson 67 – Drill 22, p. 273-274
Lesson 68 – Drill 3, p. 274-275
Lesson 69 – Drill 4, p. 275-277
Lesson 70 – Drill 5, p. 277-278
Lesson 71 – Drill 6, p. 278-279
Lesson 72 – DVD Combination A – Practice
Lesson 73 – Drill 7, p. 279-281
Lesson 74 – Drill 8, p. 281-282
Lesson 75 – DVD Combination B – Practice
Lesson 76 – Drill 9, p. 282-284

Lesson 77 – Drill 10, p. 284-286

Lessons 78-82 – Drill 11, p. 286-288, DVD Combination C – Practice

Lesson 83 – Step 16 – Turn Technique, Styling, and Timing Options, p. 301-304
through Body Torque and Contra-Body Positioning (CBP)

Lesson 84 – Spotting, p. 304 through Timing Options, p. 308

Lesson 85 – Drills for Turn Technique, Styling, and Timing Options, p. 309-310
Introduction and Drill 1

Lesson 86 – Drill 2, p. 310-312

Lesson 87 – Drill 3, p. 312-313

Lesson 88 – Drill 4, p. 314-315

Lesson 89-90 – DANCE! And Have FUN!

Ask for your Certificate of Completion

Great Job!

You now have a great repertoire!