

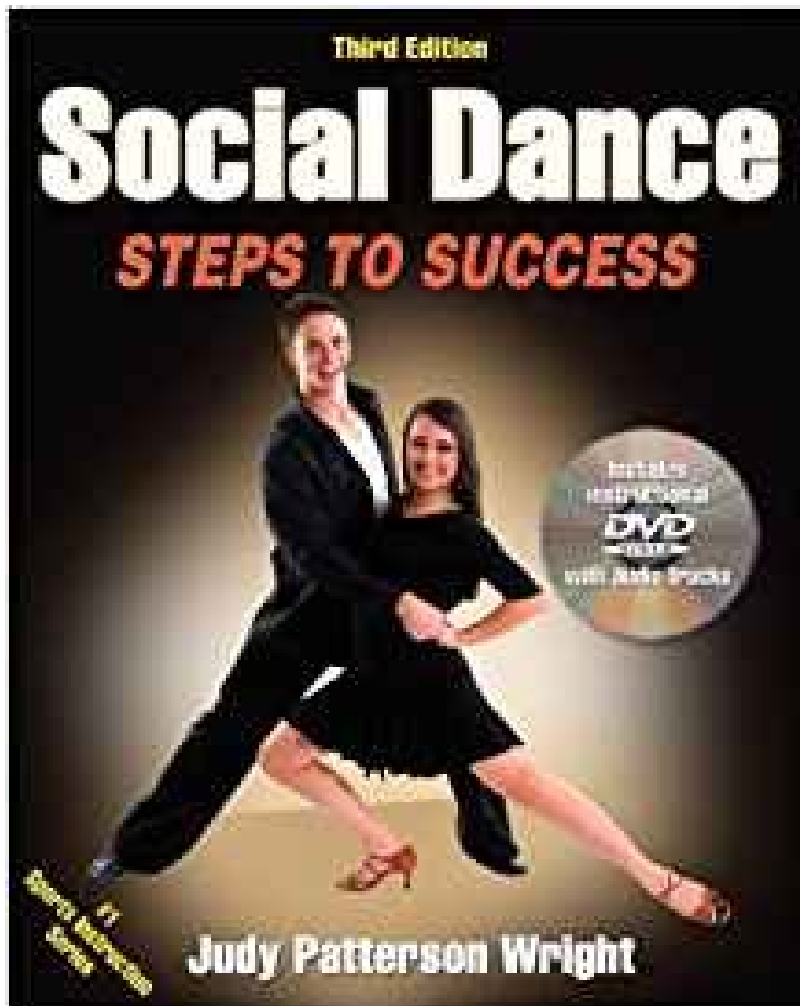


**ASCENT  
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# Dance 9: Social Dancing I



Syllabus compiled and written by  
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## **Dance 9: Social Dancing I**

Social Dance includes the Fox Trot, Waltz, Merengue, Four and Six Count Swing, the Polka, and the Cha-Cha.

The format is slightly different than the other dance courses as it uses both a manual and a DVD for instruction.

### Objectives:

- To learn the preliminaries to Dance Instruction
- To learn and practice to ease of performance each of the seven 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 seven 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 9: 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 – Preview the book

- Read front cover and inside front cover
- Read Back cover and inside back cover, including About the Author
- Read Dedication
- Table of Contents
- Music Tracks
- Preface
- Acknowledgments

### Lesson 2 – Begin to Explore

- Steps to Success: How to Use This Book and DVD Package
- Reasons to Social Dance
- Benefits of Social Dance
- Social Dance Today

### Lesson 3 – Card & Learn Key to Diagrams

Lesson 4 – Card and learn Glossary Vocabulary

Lesson 5 - Part One: What Every Dancer Needs to Know – Building a Solid Foundation

- Introduction
- Posture, Frame, and Centering, p. 4-10 Note as needed)

Lesson 6 – Drills for Posture, Frame & Centering

- Drill 1 – Moving from your center
- Drill 2 – Recognizing Positions of the Feet
- Drill 3 – Balance

Lesson 7 – More Drills for Posture, Frame and Centering

- Drill 4 – Moving Within Your Frame
- Drill 5 – Center Leads, Feet Follow
- Success Summary for Posture, Centering and Frame

Lesson 8 – Music Structure

- Hearing reliable Cues in the Music
- Importance of Understanding Music Structure
- Music Cue 1: Underlying Beats Provide a Consistent Tempo
- Music Cue 2: Beats Are Clustered into Measures
- Music Cue 3: Time Signatures Are Consistent Within a Song

Lesson 9 – More Music Structure

- Music Cue 4 – Measures Are Clustered Into Phrases
- Music Cue 5: Tempo Remains Constant During a Song
- When to Begin Moving with the Music

Lesson 10 – Drills for Music Structure

- Introduction
- Drill 1 – Count the Beats per Measure.

Lesson 11 – Drill2, p. 28

Lesson 12 – Drill 3, p. 29-30

Lesson 13 – Dance Rhythm Strategies, p. 31-34

Lesson 14 – Drill 1, p. 35

Lesson 15 – Drill 2, p. 36

Lesson 16 – Drill 3, p. 38

Lesson 17 – Drill 4, p. 39

Lesson 18 – Drill 5, p. 41-42

Lesson 19 – Partner Dynamics Etiquette, p. 43 – 46

Lesson 20 – Connecting with a Partner, p. 46-49

Lesson 21 – Example 1-2-3, p. 50-51

Lesson 22 – Leading and Following a Partner, p. 52-55

Lesson 23 – Drills for Partner Dynamics and Etiquette, p. 55 – 57

Lesson 24 – Drill 2, p. 57; Drill 3, p. 59-60

Lesson 25 – Part II – Ten Social Dances (Seven for this Course), p. 61  
Merengue, p. 63-66

Lesson 26 – Drill 1, p. 66

Lesson 27 – Drill 2, p. 68

Lesson 28 – Drill 3, p. 69

Lesson 29 – Combination A on DVD – Practice

Lesson 30 – Drill 4, p. 70

Lesson 31 – Drill 5, p. 71

Lesson 32 – Drill 6, p. 72

Lesson 33 – Drill 7, p. 73 - Practice the Merengue using Music Track 7

Lesson 34 – Four Count Swing/Hustle, p. 75 through Drill1, p. 78-79

Lesson 35 – Drill 2, p. 79

Lesson 36 – Drill 3, p. 80

Lesson 37 - Drill 4, p. 81

Lesson 38 – Combination A – Practice the Four Count Swing/Hustle to this point

Lesson 39 – Drill 5, p. 82

Lesson 40 – Drill 6, p. 83

Lesson 41 – Drill 7, p. 84

Lesson 42 – Drill 8, p. 85 – Combination B, use Music Track 8 to Practice

Lesson 43 – Free Dance – Work on Merengue and Four Count Swing/Hustle

Lesson 44 - Free Dance – Work on Merengue and Four Count Swing/Hustle

Lesson 45 - Free Dance – Work on Merengue and Four Count Swing/Hustle

Lesson 46 - Free Dance – Work on Merengue and Four Count Swing/Hustle

Lesson 47 – The Waltz, p. 87 – through Drill 1, p. 91-92.

Lesson 48 – Drill 2, p. 92

Lesson 49 – Drill 3, p. 93

Lesson 50 – Combination A on DVD - Practice

Lesson 51 – Drill 4, p. 94

Lesson 52 – Drill 5, p. 96

Lesson 53 – Drill 6, p. 97

Lesson 54 – Combination B on DVD - Practice

Lesson 55 – Drill 7, p. 98

Lesson 56 – Drill 8, p. 100

Lesson 57 – Drill 9, p. 102

Lesson 58 – Drill 10, p. 158

Lesson 59 – Drill 11, p. 106-107 – Combination C on DVD - Practice

Lesson 60 – Practice the Three Dances you Know

Lesson 61 - Practice the Three Dances you Know

Lesson 62 - Practice the Three Dances you Know

Lesson 63 - Practice the Three Dances you Know

Lesson 64 - Practice the Three Dances you Know

Lesson 65 – Six Count Swing, p. 109 - 114

Lesson 66 – Delayed Single Swing, Moderate Tempo, p. 114 - 116

Lesson 67 – Delayed Step Pattern for Triple Swing, p. 116 - 118

Lesson 68 – Drills for Six-Count Swing, Drill 1, p. 118-119

Lesson 69 – Drill 2, p. 119

Lesson 70 – Drill 3, p. 120

Lesson 71 – Drill 4, p. 121

Lesson 72 – Drill 5, p. 122-123

Lesson 73 – Drill 6, p. 124-126

Lesson 74 – Drill 7, p. 126-7

Lesson 75 – DVD Combination A - Practice

Lesson 76 – Drill 8, p. 128

Lesson 77 – Drill 9, p. 129-131

Lesson 78 – Drill 10, p. 131-133

Lesson 79 – DVD Combination B - Practice

Lesson 80 – Drill 11, p. 133-134

Lesson 81 – Drill 12, p. 134-136

Lesson 82 – Drill 13, p. 136-137

Lesson 83 – DVD Combination C - Practice

Lesson 84 – Drill 14, p. 137- 139

Lesson 85 – Drill 15, p. 139-141

Lesson 86 – Drill 16, p. 141-142

Lesson 87 – Drill 17 – DVD Combination D – Practice, p. 143-144

Lesson 88 – Combination D & Other Dances - Practice

Lesson 89 – Combination D & Other Dances - Practice

Lesson 90 – Combination D & Other Dances - Practice

Lessons 91-95 – Practice the Four Dances learned to date :  
The Merengue, The Four Count Swing/Hustle, the Waltz and the Six Count Swing

Lesson 96 – Foxtrot Intro, p. 145-150 & DVD

Lesson 97 – Drill 1 – p. 151-152

Lesson 98 – Drill 2, p. 152-153

Lesson 99 – Drill 4, p. 155

Lesson 100 – Drill 5, p. 156-157

Lesson 101 – DVD COMBINATION A - Practice

Lesson 102 – Drill 6, p. 158-159

Lesson 103 – Drill 3, p. 154

Lesson 104 – Drill 7, p. 160-161

Lesson 105 – Drill 8, p. 161-163

Lesson 106 – Combination C - Practice

Lesson 107 - Drill10, p. p. 164-165

Lesson 108 – Drill 9, p. 163-164

Lesson 109 – Drill 11, p. 166-167

Lesson 110 – Drill 12, p. 168-170

Lesson 111 – Combination D - Practice

Lesson 112 – Drill 13, p. 170-171

Lesson 113 – Drill 14, p. 172-173

Lesson 114 – Drill 15, p. 173-174

Lesson 115 – Drill 16, p. 174-175

Lesson 116-120 – Drill 17, DVD Combination E, p. 175-176 - Practice

Lesson 121-125 – Practice all Dances: Merengue, Swing/Hustle. Waltz, Swing, Fox Trot

Lesson 126 – Intro & DVD, p. 177-179

Lesson 127 – Drill 1, p. 180 - 181

Lesson 128 – Drill 2, p. 181-182

Lesson 129 – Drill 3, 182 -183

Lesson 130 – Drill 4, p. 184 - 186

Lesson 131 – DVD Combination A - Practice

Lesson 132 – Drill 5 – p. 186-187

Lesson 133 – Drill 6, p.187 - 188

Lesson 134 – DVD Combination B - Practice

Lesson 135 – Drill 7 – p. 188-189

Lesson 136 – Drill 8 - P. 190-191

Lesson 137 – DVD Combination C - Practice

Lesson 138 – Drill 9 – p. 192

Lesson 139 – Drill 10 – p. 193

Lesson 140 – Drill 11 – P. 194-5

Lesson 141 – DVD Combination D - Practice

Lesson 142 – Drill 12 – p. 195-197

Lesson 143 – Drill 13 – p. 198 - 199

Lesson 144 – Drill 14 – p. 200-201

Lesson 145-148 – Drill 15 – DVD Combination E, p. 201-202

Lesson 149 – 155 – Practice Dances learned to this point:  
Merengue, Swing/Hustle, Waltz, Swing, Fox Trot, Polka

Lesson 156 – Cha Cha, p. 203-208

Lesson 157 – Drill 1, p. 208-209

Lesson 158 – Drill 2, p. 210-211

Lesson 159 – Drill 3, p. 211-212

Lesson 160 – DVD Combination A - Practice

Lesson 161 – Drill 4, p. 212-214

Lesson 162 – Drill 5, p. 214-215



Lesson 163 – DVD Combination B - Practice

Lesson 164 - Drill 6, p. 215-217

Lesson 165 – Drill 7, p. 217-218

Lesson 166 – Drill 8, p. 218-220

Lesson 167 – DVD Combination C - Practice

Lesson 168 – Drill 9, p. 220-222

Lesson 169 – Drill 10, p. 222-224

Lesson 170 – Drill 11, p. 224-226

Lesson 171 – DVD – Combination D – Practice

Lesson 172 – Drill 12, p. 226-227

Lesson 173 – Drill 13, p. 227-228

Lesson 174 – Drill 14, p. 228 - 229

Lesson 175 – Drill 15 – DVD Combination E, p. 229-230

Lesson 176 – Pages 271-279

Lesson 177-180 – Show & pass-off your seven dances:

Merengue \_\_\_\_\_

Four Step Swing/Hustle \_\_\_\_\_

Waltz \_\_\_\_\_

Six Count Swing \_\_\_\_\_

Fox Trot \_\_\_\_\_

Polka \_\_\_\_\_

Cha Cha \_\_\_\_\_

Receive your Certificate of Completion.

**GOOD JOB!**

You will now have a lifetime of fun dancing ahead of you.

To complete the Rumba,  
Tango and Salsa/mambo  
**See Dance 1781 – Social Dancing II**