

Hilo Bay Dance Club

Fourth Quarter: October - December 2015



Intermediate East Coast Swing 7:00 – 7:40 pm
Intermediate Country 2 Step 7:40 – 8:20 pm
Interesting Merengue Steps 8:20 – 9:00 pm

Location: Hilo ELKS Lodge, 150 Kinoole Street
Park in back, off Ululani St, and go up the stairs
Registration before class, weeks #1, 2, & 3

Classes are Tuesday evenings from 7-9 PM. Practice nights are Friday from 7-9 PM, with the first ½ hour spent reviewing steps.

Lesson #1	October 6th	Practice #1	October 9th
#2	October 13 th	#2	October 16 ^h
#3	October 20 st	#3	October 23 rd
#4	October 27 th	#4	October 30 th
#5	November 3 rd	#5	November 6 th Pupu Party
#6	November 10 th	#6	November 13 th
#7	November 17 th	#7	November 20 th
#8	November 24 th	#8	November 27 th
#9	December 1 st	#9	December 4 th
10#	December 8 th	#10	December 11 th Pupu Party

Halloween Party at the Elks, Saturday October 31st.

Hilo Bay Dance Club – Syllabus

October – December 2015

These are the scheduled steps. The instructors reserve the right to make changes as appropriate.

INTERMEDIATE EAST COAST SWING

1. Review of last quarter's steps
2. Double Face Loops
3. Opposition Break and Roll Out
4. Whirlpool
5. Wrist Spin
6. Face Loop and Pivot
7. Alternating Hammerlock
8. Man's Wrap and Swivel
9. Pivots
10. Review

ADVANCED COUNTRY TWO STEP

1. Review last Quarter
2. Twist Turn
3. Twist Turn with Left Barrel Roll
4. Check Turns: Left, Right Check Turn
5. Check Turns: Windshield Wiper
6. Check Turns: Shoulder Roll
7. Elbow Catch Freespin
8. Bowtie
9. Closed Whip with Right Underarm Turn, with Left Underarm Turn
10. Review

"INTERESTING " MERENGUE STEPS

1. Introduction to Merengue, Crossbody Lead
2. Crossbody Lead with Rocks
3. Crossbody Lead and Cradle
4. Alternating Underarm Turns
5. Hip Circles
6. Man's Wrap
7. Pass Behind the Back and Face Loop
8. Left and Right Turn Combination
9. Back Spot Turn Combination
10. Review