

SIT I: Orientation & Fundamentals SIT is 4 weeks total. You will be here 1 week

Introduction

Frame: Egg, 3 Points of Connection: Pistol Grip, Tension

Basic Step Side

Forward/Back

Diagonal

<u>Turns</u>

Right

Left



SIT I-Week 2

You will be here 1 week

Warm Up

Body Movement/Warm Up:

Rib cage, Hip Drop, Hip Push

Review

Review Footwork:

Side,
Front/Back,
Diagonal,
In Place,
Front Tap,
Back Tap,
Upper Body Rotation

Introduction

Rotation with taps,
4 & 8 Drop,
1 &5 Drop,
1-3-5-7 Drop,
Drop In Place w/rotation
(tap with toe or heel)



SIT I-Week 3:

You will be here 1 week

Warm Up

Rib cage, Hip Drop, Hip Push

Review

Side, Front/Back, Diagonal, In Place, Front Tap, Back Tap, **Upper Body Rotation** Rotation with taps, 4 & 8 Drop, 1 &5 Drop, 1-3-5-7 Drop, Drop In Place w/rotation (tap with toe or heel)

Create Pattern

Using the footwork learned, students create patterns and share with class



SIT I-Week 4

You will be here 1 week

Warm Up

Rib cage, Hip Drop, Hip Push

Review

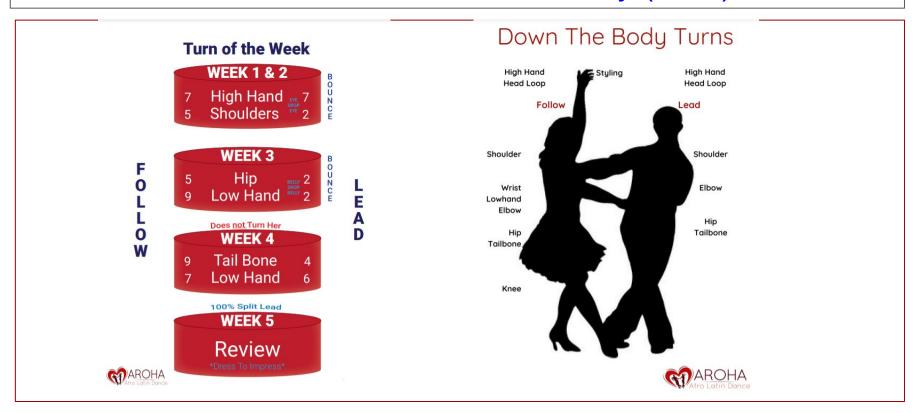
Side, Front/Back, Diagonal, In Place, Front Tap, Back Tap, **Upper Body Rotation** Rotation with taps 4 & 8 Drop, 1 &5 Drop, 1-3-5-7 Drop, Drop In Place w/rotation (tap with toe or heel) Right and Left Turns

Create Pattern

Using the footwork learned, students create patterns and share with class



Turns of the Week and Down The Body (DTB) Visuals





SIT II-Week 1

You will be here 1 week

Warm Up

Rib cage, Hip Drop, Hip Push

Review

Side, Front/Back,

Diagonal, In Place,
Front Tap, Back Tap,
Upper Body Rotation
Rotation with taps
4 & 8 Drop, 1 &5 Drop,
1-3-5-7 Drop,
Drop In Place w/rotation
(tap with toe or heel)
Right and Left Turns

Introduction

Step and Push, Hesitation (5), Corner taps



SIT II-Week 2

Rib cage, Hip Drop,

You will be here 1 week

Warm Up

Hip Push Side, Front/Back, Diagonal, In Place, Front Tap, Back Tap, **Upper Body Rotation** Rotation with taps 4 & 8 Drop, 1 &5 Drop, 1-3-5-7 Drop, Drop In Place w/rotation (tap with toe or heel) Right and Left Turns

Review

Step and Push, Hesitation, Corner taps

Introduction

Box Step W/slide
Box Step w/Hold



SIT II-Week 3

You will be here 1 week

Warm Up

Rib cage, Hip Drop, Hip Push

Step and Push, Hesitation, Corner taps

Review

Box Step W/slide
Box Step w/Hold

Introduction

Delay Turn



SIT II-Week 4

You will be here 1 week

Warm Up

Rib cage, Hip Drop, Hip Push

Step and Push, Hesitation , Corner taps

Box Step
Box Step w/slide
Box Step w/Hold

Review

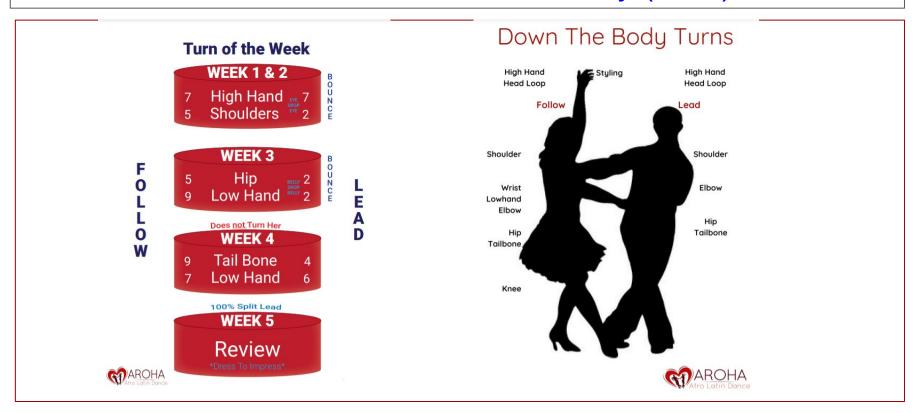
Delay Turn

Create Pattern

Students create patterns then share with classmates



Turns of the Week and Down The Body (DTB) Visuals





Crawl I: Crawl is 2 months. You will be here 4 weeks

Warm Up And Review

INTRODUCTION

Week 1: Corner Turn, Merengue Turn (Pivot)

Not travelling

Week 2: V step, V-Step w/swivel, V-Step w/cross

Week 3: Side Basic, Front Basic, Back Basic

double tap

Week 4: Variations



Crawl II: You will be here 4 weeks

Warm Up And Review

INTRODUCTION

Week 1: Syncopated step: Crossback, Front

Back, Side (3&4, 7&8)

Week 2: Cha-Cha: Crossback, Front Back,

Side (4&5, 8&1)

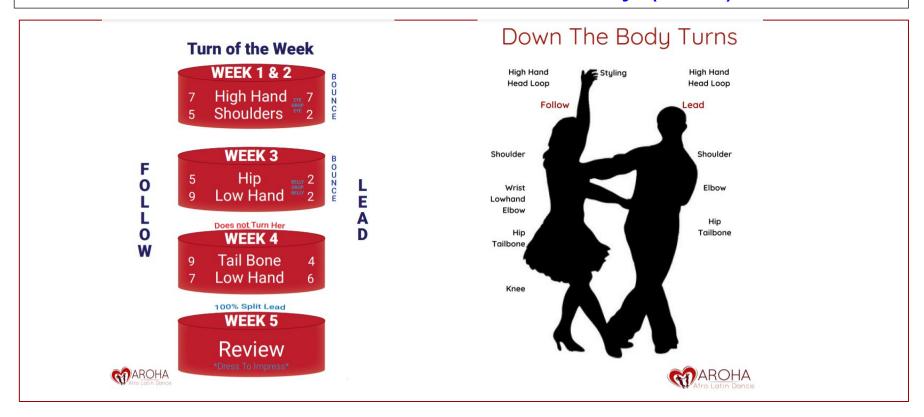
Week 3: Cross: Front, Front with Drop, Front

with tap in back

Week 4: Variations



Turns of the Week and Down The Body (DTB) Visuals





WALK I: Walk is 2 months. You will be here 4 weeks

Warm Up And Review

INTRODUCTION

Week 1: Hold 1&2 Syncopate 3 & 4, Hold 5&6 Syncopate 7&8; Flairs front, Flairs Back, Inplace w/Cha Cha(4)

Week 2: Cross while stepping: Back, Front - Front, Back

Taps w/ Push, Side taps with Push (5)

Week 3: Weight Shift: Tap, Heel, Step & Push / Contra

Body Movement: Prep, Tap out, Tap in, Step, prep (6)

Week 4: Variations



WALK II: You will be here 4 weeks

Warm Up And Review

INTRODUCTION

Week 1: Tap → Heel/Toe or Toe/Heel w/contra body

movement 1,2,3 Step 4 Taps 5,6,7 Step 8

Week 2: Taps → 1 & 2 & 3 Push4 5 & 6 & 7 Push 8

,V-Step 1 & 2 & 3 Tap 4 5 & 6 & 7 Tap 8

Week 3: Slow Swivel | Swivel 1,2,3 Tap 5,6,7 Tap (on

an angle) | Swivel w/Cross 3 & 7

Week 4: Variations