

**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

### **Turns**

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

## Turn of the Week

**WEEK 1 & 2**

7	High Hand	EYE	7
5	Shoulders	EYE	2

BOUNCE

**WEEK 3**

5	Hip	BELLY	2
9	Low Hand	BELLY	2

BOUNCE

Does not Turn Her

**WEEK 4**

9	Tail Bone		4
7	Low Hand		6

100% Split Lead

**WEEK 5**

**Review**

\*Dress To Impress\*

FOLLOW

LEAD

## Down The Body Turns



## 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

**FOLLOW DTB TURNS  
OF THE WEEK**

## SIT II-Week 2

You will be here 1 week

### Warm Up

Rib cage, Hip Drop,  
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  
Box Step w/slide  
Box Step w/Hold

**FOLLOW DTB TURNS  
OF THE WEEK**

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

### Introduction

Delay Turn

**FOLLOW DTB TURNS  
OF THE WEEK**



## 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

**FOLLOW DTB TURNS  
OF THE WEEK**

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

## Turn of the Week

**WEEK 1 & 2**

	7 High Hand	EYE DROP EYE	7
	5 Shoulders		2

BOUNCE

**WEEK 3**

	5 Hip	BELLY DROP BELLY	2
	9 Low Hand		2

BOUNCE

Does not Turn Her

**WEEK 4**

	9 Tail Bone		4
	7 Low Hand		6

LEAD

100% Split Lead

**WEEK 5**

Review

\*Dress To Impress\*

FOLLOW

## Down The Body Turns



**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**

**Follow DTB Weekly Turns**

**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**

**Follow DTB Weekly Turns**

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

## Turn of the Week

**WEEK 1 & 2**

	7 High Hand	EYE DROP EYE	7
	5 Shoulders		2

BOUNCE

**WEEK 3**

	5 Hip	BELLY DROP BELLY	2
	9 Low Hand		2

BOUNCE

Does not Turn Her

**WEEK 4**

	9 Tail Bone		4
	7 Low Hand		6

LEAD

100% Split Lead

**WEEK 5**

**Review**

\*Dress To Impress\*

FOLLOW

## Down The Body Turns



**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**

**Follow DTB Weekly Turns**

**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 Push 4 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**

**Follow DTB Weekly Turns**