

Ballroom Dance

Single Trimester Fall 2021

Grades 7+

Teachers: Carrie & Simeon Borsman

In this class students will learn and practice various types of dances. We will learn Swing, Waltz, Hustle, Foxtrot, and possibly touch on some Country and group dances. We will also be teaching some basics such as proper frame, posture, timing, steps etc..

week 1: Swing, basics and timing

week 2: Swing

week 3: Waltz, intro and basic steps

week 4: Swing and Waltz

week 5: The Hustle

week 6: Fox trot

week 7: Swing, Hustle, Waltz & Foxtrot review

week 8: Country dances

week 9: Dance!