

Lesson #1

Introduction – fun, not competition; designed for occasional dancers specific, definite leads (10 minutes) (ends 1010)

Teach Sandwich Waltz (35 minutes) (ends 1045)

Teach River Waltz (30) (1115)

Snap Sandwich and River Waltzes together by alternating (15) (1130)

Practice / Questions (30 minutes) (noon)

Lesson #2

Teach Social Closed Position (15) (1015)

Teach White City Waltz but with Twinkles and our Whisk (75) (1130)

Waltz Box, Exchange places, Walks to Natural Spin, Twinkles, Whisk

Introduce Waltz cousins – our way – Twinkles, Whisk, Sweeps (included above)

Questions / Practice (30 minutes) (noon)_

Lesson #3

Review White City Waltz (45) (1045)

Review Twinkle, Whisks, Sweeps (15) (1100)

Teach Left Turn “Railroad Crossing“ (15) (1115)

Teach Turning Box (15) (1130)

Questions / Practice (30) (noon)

Lesson#4

Review Closed Position – hand height, woman looking over right shoulder (5)

Review Twinkles, Sweeps, Whisks (10) (1015)

Review Railroad crossing left turn (10) (1025)

Teach Patty Cake (35) (1055)

Teach Progressive box (5) (1100)

Teach balance forward back (10) (1110)

Teach Progressive balance (5) (1115)

Introduce Waltz Practice (40) (noon)