

# Elements of Ballroom Dancing – Level 1

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1. [Session 1] Posture
  - a. Center of gravity
  - b. Center of levitation
  - c. Head positions
  - d. Swirl
2. The swing cycle – Waltz, Foxtrot, Viennese Waltz, Quickstep
  - a. Creating Power
    - i. Muscle groups of the leg
    - ii. Muscle groups of the core
    - iii. Muscle groups of the back and shoulders
    - iv. Creating power through extension
  - b. [Session 2] Following through with swing
    - i. Pendulum swing
    - ii. Metronome swing
    - iii. Rise & Fall
      1. Foot Rise
      2. Body rise
      3. Knee rise
  - c. Recovery
3. Tango
4. [Session 3] Altering the cycle with sway
  - a. Why sway?
    - i. Decrease speed
    - ii. Increase speed
    - iii. Stop
    - iv. Change direction
  - b. Get vertical
  - c. Create space
  - d. Shape
    - i. High jump change
    - ii. Rotation
5. [Session 4] Connections
  - a. Horizontal level 5
  - b. Vertical level 5
  - c. Circular level 5
6. Spins and turns
  - a. Positive sides
  - b. Solo turns
  - c. Partner turns