

# Hilo Bay Dance Club

*Fourth Quarter: October - December 2015*



**Intermediate East Coast Swing 7:00 – 7:40 pm**  
**Intermediate Country 2 Step 7:40 – 8:20 pm**  
**Interesting Merengue Steps 8:20 – 9:00 pm**

Location: Hilo ELKS Lodge, 150 Kinoole Street  
Park in back, off Ululani St, and go up the stairs  
Registration before class, weeks #1, 2, & 3

Classes are Tuesday evenings from 7-9 PM. Practice nights are Friday from 7-9 PM, with the first ½ hour spent reviewing steps.

<b>Lesson #1</b>	<b>October 6<sup>th</sup></b>	<b>Practice #1</b>	<b>October 9<sup>th</sup></b>
#2	October 13 <sup>th</sup>	#2	October 16 <sup>h</sup>
#3	October 20 <sup>st</sup>	#3	October 23 <sup>rd</sup>
#4	October 27 <sup>th</sup>	#4	October 30 <sup>th</sup>
#5	November 3 <sup>rd</sup>	#5	November 6 <sup>th</sup> Pupu Party
#6	November 10 <sup>th</sup>	#6	November 13 <sup>th</sup>
#7	November 17 <sup>th</sup>	#7	November 20 <sup>th</sup>
#8	November 24 <sup>th</sup>	#8	November 27 <sup>th</sup>
#9	December 1 <sup>st</sup>	#9	December 4 <sup>th</sup>
10#	December 8 <sup>th</sup>	#10	December 11 <sup>th</sup> Pupu Party

*Halloween Party at the Elks, Saturday October 31st.*

# **Hilo Bay Dance Club – Syllabus**

## **October – December 2015**

These are the scheduled steps. The instructors reserve the right to make changes as appropriate.

### ***INTERMEDIATE EAST COAST SWING***

1. Review of last quarter's steps
2. Double Face Loops
3. Opposition Break and Roll Out
4. Whirlpool
5. Wrist Spin
6. Face Loop and Pivot
7. Alternating Hammerlock
8. Man's Wrap and Swivel
9. Pivots
10. Review

### ***ADVANCED COUNTRY TWO STEP***

1. Review last Quarter
2. Twist Turn
3. Twist Turn with Left Barrel Roll
4. Check Turns: Left, Right Check Turn
5. Check Turns: Windshield Wiper
6. Check Turns: Shoulder Roll
7. Elbow Catch Freespin
8. Bowtie
9. Closed Whip with Right Underarm Turn, with Left Underarm Turn
10. Review

### ***"INTERESTING " MERENGUE STEPS***

1. Introduction to Merengue, Crossbody Lead
2. Crossbody Lead with Rocks
3. Crossbody Lead and Cradle
4. Alternating Underarm Turns
5. Hip Circles
6. Man's Wrap
7. Pass Behind the Back and Face Loop
8. Left and Right Turn Combination
9. Back Spot Turn Combination
10. Review