

TANGO

[22]. TANGO DRILL

1. INTRODUCTION

(CP/LOD) WAIT 4 MEAS;;;;

2. CORTE

[CLOSED BASIC:](CP) WALK 2; TANGO DRAW;

[CORTE BASIC:](CP) CORTE & REC; TANGO DRAW;

[CLOSED BASIC:](CP) WALK 2; TANGO DRAW;

[CORTE BASIC:](CP) CORTE & REC; TANGO DRAW;

3. SIDE CORTE

[CLOSED BASIC:](CP) WALK 2; TANGO DRAW;

(CP) SIDE CORTE & REC; TANGO DRAW;

[CLOSED BASIC:](CP) WALK 2; TANGO DRAW;

(CP) SIDE CORTE & REC; TANGO DRAW;

4. GAUCHO TURN

[CLOSED BASIC:](CP/LOD) WALK 2; TANGO DRAW;

(CP) GAUCHO TURN 4; TANGO DRAW; (CP/RLOD)

[CLOSED BASIC:](CP/RLOD) WALK 2; TANGO DRAW;

(CP) GAUCHO TURN 4; TANGO DRAW; (CP/LOD)

5. FORWARD STAIRS

[CLOSED BASIC:](CP) WALK 2; TANGO DRAW;

(CP) FORWARD STAIRS 4; TANGO DRAW;

[CLOSED BASIC:](CP) WALK 2; TANGO DRAW;

(CP) FORWARD STAIRS 4; TANGO DRAW;

6. PROMENADE BASIC

[CLOSED BASIC:](CP/LOD) WALK 2; TANGO DRAW;

[PROM BASIC:](SCP/COH) WALK & PICKUP;

TANGO DRAW;

[PROM BASIC:](SCP/RLOD) WALK & PICKUP;

TANGO DRAW;

[PROM BASIC:](SCP/WALL) WALK & PICKUP;

TANGO DRAW; (CP/WALL)

7. ROCKS

(SCP/LOD) WALK 2; ROCK 3; ROCK 3 with PICKUP;

TANGO DRAW;

(CP/LOD) WALK 2; ROCK 3; ROCK 3; TANGO DRAW;

8. TURNING TANGO DRAW

(CP/LOD) WALK 2; TURNING TANGO DRAW;

(CP/COH) CORTE & REC; TURNING TANGO DRAW;

(CP/RLOD) WALK 2; TURNING TANGO DRAW;

(CP/WALL) CORTE & REC; TURNING TANGO DRAW;

9. LEG CRAWL

[CLOSED BASIC:](CP/LOD) WALK 2; TANGO DRAW;

FWD & R LUNGE; REC to LEG CRAWL & STEP BK;

[CLOSED BASIC:](CP/LOD) WALK 2; TANGO DRAW;

FWD & R LUNGE; REC to LEG CRAWL & TWIST;

[23]. TANGO MUSIC 1

[24]. TANGO MUSIC 2

[25]. TANGO MUSIC 3

ABBREVIATIONS

FWD: Forward

BK: Back

SD: Side

CL: Close

TCH: Touch

TOG: Together

REC: Recover

M: Man

W: Woman

L: Left

R: Right

LOD: Line Of Dance (Counter Clockwise)

RLOD: Reverse LOD (Clockwise)

COH: Center Of Hall

WALL: Wall

POS: Position

CP: Closed Position

SCP: Semi-Closed Position

SCAR: Sidecar Position

BJO: Banjo Position

BFLY: Butterfly Position

OP: Open Position

MEAS: Measure (of music)

; Semi-colon indicates the end of a measure

() Parenthesis show position and/or facing direction

Directions (e.g. FWD or BK) are given for the man

Note:

[] Braces give CD Track Number

Centre Rounds

Dance Drills & Practice Music CD

For
Tuesday Dance Class



Carter & Ruby Ackerman

Fall 2004

Centre Rounds

Sponsor:

Centre Region Parks & Recreation 231-3071

Instructors:

Carter & Ruby Ackerman 238-8949

WALTZ

[1]. WALTZ DRILLS

1. SIDE, DRAW, TCH (L & R);;
SIDE, DRAW, TCH (L & R);;
2. FWD, DRAW, TCH;BACK, DRAW, TCH;
FWD, DRAW, TCH;BACK, DRAW, TCH;
3. BOX;; BOX;;
4. SIDE, DRAW, TCH (L & R);;
FWD, DRAW, TCH;BACK, DRAW, TCH;
5. LEFT TURNING BOX;;; LEFT TURNING BOX;;;;
6. PROG BOX;; (To LOD)1/2 LEFT TURNING BOX;;
PROG BOX;; (To RLOD)1/2 LEFT TURNING BOX;;
7. 2 FWD WALTZES;; 1/2 LEFT TURNING BOX;;
2 FWD WALTZES;; 1/2 LEFT TURNING BOX;;
8. BOX;; (Blend to Sidecar) 2 PROG TWINKLES;;
BOX;; (Blend to Sidecar) 2 PROG TWINKLES;;
9. 2 FORWARD WALTZES;; 2 LEFT TURNING
WALTZES;; BOX;; HOVER; PICKUP;
10. FORWARD WALTZ; MANEUVER;
RIGHT TURNING WALTZ; FORWARD WALTZ;
11. DIAMOND TURN;;; 2 FWD WALTZES;; BOX;;

[2]. WALTZ PRACTICE MUSIC 1

[3]. WALTZ PRACTICE MUSIC 2

FOXTROT

[4]. FOXTROT DRILLS

1. BOX;; BOX;;
2. LEFT TURNING BOX;;; LEFT TURNING BOX;;;;
3. BOX;; BOX;;
4. PROG BOX;; (To LOD)1/2 LEFT TURNING BOX;;
PROG BOX;; (To RLOD)1/2 LEFT TURNING BOX;;
5. FWD RUN 2 (Twice);; 1/2 LEFT TURNING BOX;;
FWD RUN 2 (Twice);; 1/2 LEFT TURNING BOX;;
6. ROCK FWD & REC; ROCK BACK & REC;
LEFT TURNING BOX;;;;
ROCK FWD & REC; ROCK BACK & REC;
7. BOX;; (Blend to Sidecar) 2 PROG TWINKLES;;
BOX;; (Blend to Sidecar) 2 PROG TWINKLES;;
8. FORWARD RUN 2(Twice);;
2 LEFT FOXTROT TURNS;;
BOX;; HOVER; PICKUP;
9. FORWARD RUN 2; MANEUVER;
ONE RIGHT TURN; FORWARD RUN 2;
10. DIAMOND TURN;;;;

[5]. FOXTROT PRACTICE MUSIC 1

[6]. FOXTROT PRACTICE MUSIC 2

CHA CHA

[7]. CHA CHA DRILLS

1. CUCARACHA (TWICE);;(OPEN POS.) WALK; WALK;
CIRCLE AWAY & TOG;; CUCARACHA (TWICE);;
2. (OPEN POS) WALK; WALK; CIRCLE AWAY & TOG;;
LARIAT;; CUCARACHA (TWICE);;
3. FORWARD & BACK BASICS;;
FORWARD & BACK BASICS;; CHASE;;;;
4. FORWARD & BACK BASICS;; BASIC;;
FORWARD & BACK BASICS;; BASIC;;
5. BASIC;; FRONT CUBANS (TWICE);;
6. BASIC;; FENCE LINE (TWICE);;
7. BASIC;; NEW YORKER (TWICE);;
8. BASIC;; BACK CUBANS (TWICE);;
9. BASIC;; HAND TO HAND (TWICE);;
10. BASIC;; TIME STEP (TWICE);;
11. BASIC;; SPOT TURN (TWICE);;
12. BASIC;; SHOULDER TO SHOULDER (TWICE);;

[8]. CHA CHA PRACTICE MUSIC 1

[9]. CHA CHA PRACTICE MUSIC 2

RUMBA

[10]. RUMBA DRILLS

1. CUCARACHA (TWICE);;(OPEN POS.) WALK; WALK;
CIRCLE AWAY & TOG;; CUCARACHA (TWICE);;
2. (OPEN POS) WALK; WALK; CIRCLE AWAY & TOG;;
LARIAT;; CUCARACHA (TWICE);;
3. FORWARD & BACK BASICS;;
FORWARD & BACK BASICS;; CHASE;;;;
4. FORWARD & BACK BASICS;; BASIC;;
FORWARD & BACK BASICS;; BASIC;;
5. BASIC;; FRONT CUBANS (TWICE);;
6. BASIC;; FENCE LINE (TWICE);;
7. BASIC;; NEW YORKER (TWICE);;
8. BASIC;; BACK CUBANS (TWICE);;
9. BASIC;; HAND TO HAND (TWICE);;
10. BASIC;; TIME STEP (TWICE);;
11. BASIC;; SPOT TURN (TWICE);;
12. BASIC;; SHOULDER TO SHOULDER (TWICE);;

[11]. RUMBA PRACTICE MUSIC 1

[12]. RUMBA PRACTICE MUSIC 2

JIVE (SWING)

[13]. INTRODUCTION

[14]. TRIPLE JIVE DRILLS

Basic Rock - Fallaway Rock;;;
Fallaway Throwaway - Link Rock;;;

Basic Rock - Fallaway Rock;;;
Change Places R to L & L to R;;;

Basic Rock - Fallaway Rock;;;
Right Turning Fallaway (Twice);;

Basic Rock - Fallaway Rock;;;
Change Hands Behind Back (Twice);;

[15]. TRIPLE JIVE PRACTICE MUSIC

[16]. SINGLE JIVE DRILLS

Basic Rock - Fallaway Rock;;;
Fallaway Throwaway - Link Rock;;;

Basic Rock - Fallaway Rock;;;
Change Places R to L & L to R;;;

Basic Rock - Fallaway Rock;;;
Right Turning Fallaway (Twice);;

Basic Rock - Fallaway Rock;;;
Change Hands Behind Back (Twice);;

[17]. SINGLE JIVE PRACTICE MUSIC

[18]. DOUBLE JIVE DRILLS

Basic Rock - Fallaway Rock;;;
Fallaway Throwaway - Link Rock;;;

Basic Rock - Fallaway Rock;;;
Change Places R to L & L to R;;;

Basic Rock - Fallaway Rock;;;
Right Turning Fallaway (Twice);;

Basic Rock - Fallaway Rock;;;
Change Hands Behind Back (Twice);;

[19]. DOUBLE JIVE PRACTICE MUSIC

[20]. PRACTICE MUSIC (Triple or Double)

[21]. PRACTICE MUSIC (Single or Double)