

Lesson One

Thursday, Feb 1, 2017

Instruction

- Frame and Hold
- Lead & Follow
- Basic Steps
- Forward & Back
- Closed Position Turns
- Swing Transition
- Under Arm turn

Lesson Two

Thursday, Feb 8, 2017

Review & Practice

- Frame and Hold
- Lead & Follow
- Basic Steps
- Forward & Back
- Closed Position Turns
- Swing Transition
- Under Arm turn

New Material

- Right & Left Wrap

Lesson Three

Thursday, Feb 15, 2017

Review & Practice

- Frame and Hold
- Lead & Follow
- Basic Steps
- Closed Position Turns
- Swing Transition
- Right & Left Under Arm turn
- Right & Left Wrap

New Material

- Hip-Swivel-Open Position

Lesson Four Practice

Thursday, Feb 22, 2017 Review &

- Frame and Hold
- Lead & Follow
- Basic Steps
- Closed Position Turns
- Swing Transition
- Right & Left Under Arm turn
- Right & Left Wrap
- Hip-Swivel-Open Position

New Material

- Hip-Swivel-Closed Position