

TULSA COUNTRY WESTERN DANCE ASSN.

BEGINNER-BASIC

1. INTRODUCTION
 - A. Introduction of Instructors
 - B. Class Agenda
 - C. Dance Floor Etiquette
 - D. Unwritten Rules
2. FOOTWORK
 - A. Ladies Footwork, Forward and Backwards
 - B. Men's Footwork, Forward and Backwards
 - C. Footwork Drills, pencil turns, pivot turns, spotting
 - D. Speed and Tempo
3. FRAME, LEAD AND FOLLOW
 - A. Breakdown
 - B. Centerline
 - C. Balance
 - D. Posture
 - E. Baseline
4. HOW TO LEAD-CONTRA BODY
 - A. Contra Body
 - B. Body Position
 - C. How To Set
5. OUTSIDE TURN
 - A. Ladies single outside turn
 - B. Ladies double outside turn
6. OPEN PROMENADE
 - A. Ladies open promenade-Inside turn to close
 - B. Men's inside turn
 - C. Men's outside turn
7. CLOCKWISE ROTATIONS
 - A. Half rotation
 - B. Full rotation
 - C. Forwards and Backwards turns
8. DRILL PATTERN
 - A. Combination-Open Promenade-inside and outside turn with Neck Wrap to Close.
9. SWEETHEART POSITION
 - A. Right hand crank turn
 - B. Left hand crank turn
 - C. Alternating hand change turns
 - D. Crank turn to close
 - E. Free spin to close
10. DOUBLE OUTSIDE OUT
 - A. Hand and Hand
 - B. Alternating turns
 - C. Flick turns
 - D. Connecting moves
 - E. How to close

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BASIC INTERMEDIATE

1. SWEETHEART POSITION(LOOP PATTERN)
 - A. Break down of sweetheart position
 - B. Right, Left and Alternating crank turns
 - C. How to close
 - D. Teach Ladies Prance
2. SKATERS POSITION (LOOP PATTERN)
 - A. Body Position
 - B. Lead and Follow
 - C. Room Alignment
 - D. Connecting Moves
 - E. Close
3. BASKET WRAP (LOOP PATTERN)
 - A. Body Position
 - B. Lead and Follow
 - C. Connecting Moves
 - D. Close
4. WHIPS (LOOP PATTERN)
 - A. Body Position
 - B. Room alignment
 - C. Lead and Follow
 - D. Connecting moves
 - E. Close from both sides
5. LARIETS(LOOP PATTERN)
 - A. Body Position
 - B. Room Alignment
 - C. Lead & Follow
 - D. Lariat with ladies spin
 - E. Connecting Moves
 - F. Close
7. FEMALE PRETZEL (LOOP PATTERN)
 - A. Body Position
 - B. Lead & Follow
 - C. Room Alignment
 - D. Connecting Moves
 - E. Close
7. MALE PRETZEL (LOOP PATTERN)
 - A. Body Position
 - B. Lead
 - C. Room Alignment
 - D. Connecting moves
 - E. Close
8. FLICK TURNS (LOOP PATTERN)
 - A. Reverse
 - C. Front
 - D. Front and Rear
 - E. Opposite Side Flick
9. RUBBER BAND MOVE WITH COMBINATION