

Weekly Class Review

DATE 03 / 11 / 25 CLASS: Tuesday 10 - 11 am GrooveSk8 II

CLASS THEME: "TURN - TURN - TURN"

I. WARMUP & REVIEW

Power bubbles, slalom edges, stroking 2-beat change edge steps.
Review last week's new content (outside back dips, St. Louis Ballroom).

Instructor:

Linda Sewell

Skating Discipline/Type:

Fundamentals, Rhythm, Jam, JB Dance

Class difficulty: ☆ ☆ ☆ ☆ ☆
(1 star = not difficult; 5 stars = very difficult)

II. SKILL PROGRESSION

"C" turns in Ballroom "U" Formation, perfecting the forward slide-to-back-then-cross segment, stepping ahead of your partner on the step forward.
Partnering in Ballroom skating

Key Skills Learned:

- Outside back drag/dip
- "C" Turn, both forward to back and back to forward
- Basic partnering skills - cross back hold
- Using the angle of the take-off for a step to accomplish an edge

III. PUTTING IT ALL TOGETHER

MUSIC:

Al Green, LET'S STAY TOGETHER
K-Ci & JoJo ALL MY LIFE

Kenyon Dixon, SLOW DANCING

INSPIRATION:

<https://youtu.be/adqyDPSz4ME?si=s7S6gWiSdMT2boQ2>

Practice Notes:

The challenge in teaching this style of skating is that there is no clear "correct" way to do any of it! This is ALL style...

But in order to translate this into "moves you can use," we have to all be speaking the same language. So what I've tried to do in this lesson is to teach you the basic skills in rhythm Ballroom skating so that you can adapt to the particular style being skated in the rink, region, or community you're skating in at the moment.

So - BE FLEXIBLE! If you want to skate the "lead," learn basic partnering positions and how to communicate your moves to your partner. If you prefer to follow, know the signals your partner will present and be able to move into the formations and patterns they lead you. And don't forget to FEEL THE MUSIC and move gracefully to the slow, romantic flow of this dance!