

# Weekly Class Review

DATE 03 / 11 / 25 CLASS: Thursday 10 - 11 am Artistic Expressions II

## CLASS THEME:

### I. WARMUP & REVIEW

Big bubbles and edges, forward and backward stroking. Review "C" turns in both open and closed positions, and in the context of the Collegiate and Siesta Tango.

### **Instructor:**

Linda Sewell

### **Skating Discipline/Type:**

Intermediate Artistic Dance

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

### II. SKILL PROGRESSION

Adding crosses to forward and backward turns (Southland Swing corner steps). Circular exercise with rotational turning in continuous (360 degree) turns as well as facing both inside the lobe and outside the lobe.

Demonstration of partner positions in turns and beginning partnering skills.

### MUSIC:

88 Blues & Foxtrot  
100 Tango

### POTENTIAL COMBINATIONS:

These cross-turn segments are especially well-suited for Contemporary Dance skating styles (example, St. Louis Ballroom). The step-cross-back, stroke-cross-forward combination is also fun just in a circle as a dance step or skills drill

### **Key Skills Learned:**

- Cross-turn steps, both forward to back and back to forward
- Shoulder rotation before turning
- The importance of rotation when skating with a partner

### **Practice Notes:**

Think of the shoulders and the direction they are giving your hips and feet as you rotate before these turns.

Also, remember to USE YOUR HEAD... as-in: turn your head to look where you're going to go when turning. Your head will also direct where your shoulders and hips will lead your feet. The whole body skates, not just your feet!