

Weekly Class Review

DATE 03. / 18. / 25. CLASS: GrooveSk8 2 - Tuesday, 10 - 11 am

CLASS THEME: "ROLLING TOGETHER: PARTNER SKATING UNLOCKED!"

I. WARMUP & REVIEW

T-Position lunges, power bubbles, scissor edges, heel-forward-toe-back gliding
Review steps of St. Louis Ballroom w/ a partner side-by-side

Instructor:

Linda Sewell

Skating Discipline/Type:

Intermediate Rhythm, Jam, JB Dance

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

II. SKILL PROGRESSION

Go over the cross-back partner position and how both lead and follow maintain position throughout the pattern. How to clasp hands to enable under-arm turning and the rotation of the hands to pivot into new holds.

Working with partners, practice stepping out and over your partner's skate to turn inside the "U" formation.

EXTRA CREDIT:

Add "flair" - swing/kicking on the step forward, pivoting on the dip, under-arm turning and spinning.

Key Skills Learned:

- Maintaining connection with a partner _____
- Lead signals for changing direction & pattern _____
- _____
- Follow letting the lead direct the movement _____

Practice Notes:

STYLING SUGGESTIONS: