

Ken Rogers Dance Instruction

CSTCC Beginning Ballroom Dance - Student Syllabus

American Style Waltz – Class 1 and 2

1	Box with Underarm Turn	
2	Balance Steps, Forward & Back, Side	
3	Simple Twinkle	
4	Progressive	
5	Quarter Turning Box - L & R	

American Style Foxtrot – Class 3 and 4

1	Basic	
2	Promenade	
3a	Rock Turn to Left	
3b	Rock Turn to Right	
4	Sway Step	
5a	Promenade Underarm Turn	
5b	Sway Step Underarm Turn	

American Style Rumba – Class 5 and 6

1	Side Basic	
2	Fifth Position	
3	Box Step	
4	Crossbody Lead	
5	Outside Partner	

East Coast Swing – Class 7 and 8

1	Basic Step in Open Position	
2	Basic Step with Fallaway Rock	
3	Link and Link Break	
4	Change of Places R to L	
5	Change of Places L to R	

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American Style Cha-Cha – Class 9 and 10

1	Basic	
2	Parallel and Promenade Breaks	
3	Open Break with Underarm Turn	
4	Crossover Break with Turns	
5	Cross Body Leads (A & B)	

