

Ballroom Lesson & Social

3rd Saturday 7:15 - 9:15 pm



- Lesson: Sequence of 8-10 steps
 - Improves fluidity in transitions
 - Improves continuity in dance
- Social: Open dancing
 - Variety of dance music
 - Light refreshments

- Lesson is a recently taught dance style
- The sequence is listed on a white board & a handout
 - Facilitates recall
- The number attending is limited
 - Ensures plenty of dance space for everyone.
- Advance registration is required!

Steps in the Sequence:

- Reviewed/taught as needed
- Combined one at a time until the sequence is complete
- Most steps were taught in the Beginning and Intermediate classes
- 1-3 new steps are also included

\$30 per
couple

www.kaleidoscope-dance.com
info@kaleidoscope-dance.com 602-345-0496
2848 S. Carriage Lane, Mesa AZ 85202

7/24/2024

Social Ballroom



For Beginners and Social Dancers

Three types of ballroom dance classes:

Beginning
Timing & Basic Steps

Intermediate
Connection & More Steps

Lesson & Social
Dance Sequence



- Non-intimidating atmosphere
- Steps are taught by name to facilitate recall
- Steps are broken down into learnable pieces
- “Joint safety” is a priority
 - ✓ Proper foot and body alignment
 - ✓ Good posture – head and back
 - ✓ Modifications when needed
- Classes may be repeated as often as desired
- If you need a dance partner, let us know

Taught by Trudy & Kevin Sherman



Beginning Timing & Basic Steps

Wednesday 6:15 - 7:10 pm

- Timing
- Basic steps
 - Lead and follow taught separately
 - Lead and follow practice together
- Basics of partner dancing

- Single dance style per class
- Same style is taught for 4 consecutive weeks.
 - Swing, hustle, nightclub, waltz, rumba, tango
- Recommended to attend all weeks
 - Maximizes learning
 - Increases retention of learning

1st week: History, timing, basic steps, posture, balance, and foot techniques

2nd – 4th week: Short review followed by instruction for a few additional steps different from previous weeks.

Plenty of practice time is included in all classes.

No dance
experience
required

Dress in comfortable clothes that you can move in.

Wear comfortable shoes that stay on your feet and have a smooth sole that doesn't grip.



Intermediate Connection & More Steps

Wednesday 7:15 - 8:10 pm

2nd & 3rd Thursday 7:15 – 8:10 pm

- Lead/follow techniques
- Intermediate/Advanced steps
- Step sequences
- Modifications
 - Joint limitations, height difference, etc.

- Single dance style per class
- Same style is taught for 2 or 4 consecutive weeks.
 - Swing, hustle, nightclub, rumba, waltz, tango
- Each week stands on its own

Basic steps are reviewed as needed.

More **advanced steps** and **combinations of steps** are taught step-by-step.

Plenty of practice time is included in all classes.

Beginning & Intermediate Ballroom

\$14 drop-in per class

\$48 for a 4-punch card, good for 60 days

Card can be used for both classes.