

Ballroom Bootcamp

Summer 2008: Thursday 5:30 – 6:25

Cha Cha:

- 5th position back – arms down, out with ribs (rock step/ 234/ QQS)
- side chasse (234/QQS)
- lock step (234/QQS)
- side chasse (234/QQS)
- repeat other side (4 times)

- progressive basic
- progressive basic with ½ turn – right then left
- progressive basic with full turn to backing progressive
- progressive basic with chenille turn to back progressive basic
- 3 fwd lock steps, rock step (23)
- 3 back lock steps, rock step (23)
- 3 fwd lock steps with ½ turn – right then left
- 3 fwd lock steps with chenille turn to 2 back lock steps, rock step (23)
- check & pop
- front rock (23)
- compact triple back
- syncopate

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www.dancewithchad.com

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Disclaimer: The following is the opinion and view of the writer and freely admits that they do not necessarily reflect the views of the instructor. Reliance on any information in these notes is entirely at the user's risk.

Ballroom Bootcamp (cont.)

Mambo: bent leg has weight, down beat

- he goes back 5th position with his right – open arms (234/QQS)
- in place rhythm change:

step 1	step 2	step 3	step 4
2 3	4	2 3	4
slow	slow	slow	slow
- he goes back 5th position with his left – open arms (234/QQS)
- in place rhythm change:

step 1	step 2	step 3	step 4
2 3	4	2 3	4
slow	slow	slow	slow
- repeat
- chasse/side together side, facing partner, 4 times (234 tap, 234 tap, 234 tap, 234 tap)
- swivel step fwd to his left/her right (on 2)
- side step, facing each other (on 3)
- wrap, tight 5th position, facing partner (on 4)
- she turns – ½ turn on left toe/right heel, lift right foot to face partner (234)
- he turns – ditto (234)
- 2 basics (234, 234, 234)
- lead cross over on third basic (234)
- swivel (2), swivel (3), swivel (4)
- cross over (234)
- swivel (2), swivel (3), swivel (4)
- cross over (234)
- rhythm change around (slow, slow, slow, slow)
- walking circle/pivot turn (234) with option spin and a 1/2

exercise: LF fwd pivot on to RF, pick up left hip, full spin (41)
RF fwd pivot on to LF, pick up right hip, full spin (41)

Hustle:

- basic left turning element, foot pointing on track (and 1, 2, 3/QQSS)

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