



BALLROOM SYLLABUS FOR INTRO/RIBBONS

WALTZ

Box step
Reverse Turn
Change step from reverse to natural
Natural turn
Change step from natural to reverse
Whisk
Chasse from promenade position

TANGO

T.A.N.G.O
Basic movement, walk and progressive side step
Promenade position
Progressive link
Closed promenade

SLOW FOXTROT

Walk on Left foot
Feather step
Three Step
Reverse turn
Natural turn

QUICKSTEP

Walk on left foot
Quarter turn to right
Progressive chasse
Forward lockstep
Backward lockstep