

SESSION 1 – BAL-SWING – GET HEP STUDIO – VALERIE & GREG

WEEK 1: Review Paddle Turns

Serpentines – “BA DA shift, BA DA shift, BA DA BA DA BA DA shift”

Frisco (variation 1)

WEEK 2: Frisco (variation 2)

Kicks in and out with triple steps

Kicks in and out variations (i.e. Lil Laura’s Lollies)

WEEK 3: Rock step tuck to throwout position.

Block on 1, free spin (CW) catch and kick out on 5 into lollies (x3)

Inside turn exit and break on 1

Reverse paddles (x3)

Rock step exit into come around (hold on 3, instead of break)

WEEK 4: Variation on the “Dream”

Rock step tuck to XH throwout position.

Lead flw forward in an underarm turn (switch positions)

Block 3, step, block 5, switch hands, block 7

Underarm turn, leader roll into arm

Block 3, (slap shoulder 4), to he/she turn

Break on 7, come around exit

WEEK 5: Class Review

New Move