

ABSOLUTE BALLROOM

DANCE CENTER OF PITTSBURGH

LATIN FUNDAMENTALS CLASS

BRONZE 1 and 2

DATE	AMERICAN SWING	Lead	Follow	Notes:
2/11	Basic			
2/11	Basic Turning to the Right			
2/11	Basic Turning to the Left			
2/18	Throw-out			
2/25	Underarm Turn			
2/28	Underarm Release from Basic			
2/25	Tuck-ins (Handshake, Right to Left, Double Hand)			
2/25	Alternating Underarm Turns			

BRONZE 3 and 4

DATE	AMERICAN SWING	Lead	Follow	Notes:
2/11	Shoulder Check			
2/11	Cradle			
2/11	Cradle to Hammerlock			
2/18	Sugar Push Throw Out			
2/18	Double Face Loop			
2/25	Opposition Break and Roll Out			
2/25	Whirlpool			