



LATIN • SWING • BALLROOM

WEST COAST SWING COURSE GUIDE

This Course Guide is designed to help you and your instructor determine which classes you should enroll in and what your personal dance development plan should be. Note, that it is very important that you complete all the Pre-Requisites (PREREQS) listed for a particular class before starting that class. If the pre-requisite class is not available, or if you would like to progress through this material at your own pace (either faster or more deliberately), then May I Have This Dance Instructors are available for private lessons.

Some classes are offered frequently, some infrequently. This curriculum is the most comprehensive and complete in the industry. Much research, piloting, and sound educational principles have been part of the creation of this curriculum. We continually monitor the design, implementation, and success of each class and the curriculum as a whole. We also stay current with industry changes and the evolution of the dance which will help us keep our classes fresh and up to date with the latest practices in the national and international dance circuit. Revisions to our curriculum and classes will happen over time to ensure that we always are providing the best possible learning opportunities for all our students. As a student successfully completes our curriculum they will become a top dancer.

How To Read This Guide:

COURSE NUMBER: TITLE

“Private Lesson or Group Delivery”: Means that this class is rarely offered and is best covered in a private lesson. Contact us to schedule a private lesson with one of our expert instructors to learn this material.

PreReqs: either a description of skills or a listing of Course Numbers that **must** have been successfully completed prior to starting this class. You may also take private lessons to complete the prerequisite material.

Recommended: either a description of skills or a listing of Course Numbers highly recommended to have been completed prior to the start of the class.

Time: duration of the workshop/class

Description: description of the class content with some examples. A May I Have This Dance Instructor can help you with a complete list of patterns, techniques, and principles included in any class.

Repetition: How many times this class should be taken. You can take the class even more times if you'd like!

The classes do **NOT** need to be taken in numerical order, but listed prerequisites must be completed prior to taking any particular class. In general, 100-level classes are basic thru intermediate level. 200-level classes are intermediate thru advanced. 300-level are advanced through master level. Classes given a lower than 100 classification are sampler classes given prior to a dance party or event.

Finally, if you start with May I Have This Dance with significant dance experience, you may be able to “test out” of certain classes and start further up in the curriculum. However, our years of experience show that even those who think they can do much of the basics, intermediate, and even advanced material because they've learned from other sources or been dancing it for years, actually have a lot of bad habits and need to revisit the basics just as much, if not more, than someone new to dancing. The May I Have This Dance curriculum is the most thorough in the industry, and even our basic classes are more demanding and comprehensive than those you may have taken elsewhere. Nevertheless, if you'd like to “test-out” of certain classes and start with a higher-level class, you should schedule a private lesson with a May I Have This Dance Instructor and let them know your intentions in advance so they can prepare to evaluate your current skills and abilities and direct you to the best class(es) for you to take next.



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COURSE LISTING

WEST COAST SWING 101: THE VERY BASICS

Prereqs: none

Recommended: some dance class experience

Time: 4 hours

Description: Everyone, even experienced dancers of other styles, should start learning WCS with this class. Learn the 6-count basics, starter step, and connection, posture, foot placement, timing, movement, and basic WCS principles.

Repetition: 3. May take WCS 102 in conjunction with repeated 101.

WEST COAST SWING 102: WHIP BASICS

Prereqs: WCS101

Time: 4 hours

Description: Once you can dance the six-count basics covered in 101, you need to learn the 4 basic 8-count whips. This class will cover all the important details to doing whips well including foot positions, body movement, spotting, connection, partnering, and amalgamating all the patterns from 101 and 102.

Repetition: 3.

WEST COAST SWING 105: BEYOND THE BASICS

Prereqs: 102

Time: 2 hours

Description: Learn some standard patterns including Tuck Turns and variations, Starter Step variations, and combination passes. Also, tune up all your basics from 101 and 102 improving and mastering your connection, lead/follow, movement, and alignments.

Repetition: 2

WEST COAST SWING 110: MAKING THE CONNECTION

Private Lesson or Group Delivery

Prereqs: 102

Recommended: 105

Time: 2 hours

Description: Really get into the fine details of connection that are absolutely necessary to be a good WCS dancer. We'll go through analogies, tools, and exercises that will help build good habits and muscle memory. You'll also learn one of the secrets to the unique WCS connection!

Repetition: 2 or 3

WEST COAST SWING 115: TECHNIQUE DRILLS

Private Lesson or Group Delivery

Prereqs: 110

Time: 1 hours

Description: Practice and hone your connection and technique with guidance from the instructor. Make sure that you are building good habits and preventing bad ones!

Repetition: 3

WEST COAST SWING 120: BREAD & BUTTER PATTERNS

Prereqs: 105

Recommended: 110, 115

Time: 4 hours

Description: Learn all the popular patterns to round out all your WCS fundamental patterns. Ten to fifteen patterns and variations that practically all experienced WCS dancers know, such as Folds, Rolls, Rotating patterns, Tuck variations, Hammerlocks, and more.



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Repetition: 2

WEST COAST SWING 140: WHIP VARIATIONS

Prereqs: 105

Recommended: 110, 115, 120

Time: 2 hours

Description: Learn several popular Whip variations such as Cut-offs, Hammerlocks, and more.

Repetition: 2

WEST COAST SWING 195: BOOT CAMP I: MASTERING THE FUNDAMENTALS

Prereqs: Audition or invite only. Good timing and rhythm. Good balance and spinning ability. Good connection. Smooth lead/follow. Ability to thrive in a fast-paced and demanding environment. WCS 101, 102, 105 and at least two other WCS classes or the equivalent. At least 6 months of WCS dancing.

Time: 12 hours

Description: All the fundamental patterns and more. Emphasis will be on mastering the connection, technique, foot placements, body usage and movement, extending patterns, expansion feel and look, and transitioning smoothly from pattern to pattern. Lean the molds of WCS and rolling vs straight count and work hard at building good muscle-memory with other talented and hard-working students.

Repetition: Allowed

WEST COAST SWING 197: BASIC-INTERMEDIATE LEVEL GUEST INSTRUCTOR CLASS

Specific titles vary.

This is the placeholder for when we offer specialty classes by traveling Pro's or other guest instructors at a Basic-Intermediate Level

Prereqs: To be determined by instructor

Time: 1 hour

Description: Varies

Repetition: Infinite

WEST COAST SWING 198: BASIC-INTERMEDIATE LEVEL PATTERNS OPEN CLASS

Specific titles vary.

This is a placeholder specifically for patterns-based classes that may be different every time it's conducted. New and different patterns can be covered each time.

Prereqs: 101, 102, 105, 110, 115, 120, or equivalent

Time: 1 hour

Description: Varies

Repetition: Infinite

WEST COAST SWING 199: BASIC-INTERMEDIATE LEVEL IN-HOUSE SPECIALTY CLASS

Specific titles vary.

This is a placeholder for basic-intermediate level one-time or limited classes that aren't included anywhere else in the curriculum and are more than just pattern-based.

Prereqs: To be determined for each class

Time: 1 hour

Description: Varies

Repetition: Infinite

WEST COAST SWING 205: STARTER STEP & THROWOUT VARIATIONS

Prereqs: WCS 110

Time: 2 Hour

Description: Learn several different starter steps and throwout options to add variety to your dancing right from the start. Learn how to add starter-step like patterns anywhere in the dance. Six to Ten new



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patterns like the Rotational Starter Step, Cross Hand, and Extended Springs and more, and all the related technique will be covered.

Repetition: 2

WEST COAST SWING 210: TRIPLE STEP VARIATIONS

Prereqs: 110

Recommended: 120, 140

Time: 2 hour

Description: Move your triple step in many different ways and learn how to make all your patterns look different every time. Recognize when to roll verses straight-count your triples. Anyone who wants to be a good swing dancer needs to learn lots of options for their triples!

Repetition: 2

WEST COAST SWING 212: SYNCOPATIONS & FANCY FOOTWORK INTRODUCTION

Prereqs: 110

Recommended: 115, 210

Time: 2 hours

Description: Learn how to break down patterns into smaller and easier parts. Learn the formulas for syncopations. Also learn some fancy but simple patterns to create a new look. And, create your own syncopations with ease!

Repetition: 2

WEST COAST SWING 215: PATTERNS WITH SYNCOPATIONS AND VARIATIONS

Prereqs: 212

Time: 1 hour

Description: Apply some of the concepts learned in WCS 212 to some popular syncopations and pattern variations.

Repetition: Allowed

WEST COAST SWING 218: POPULAR PARALLEL SYNCOPATION PATTERNS

Prereqs: 212

Time: 1 hour

Description: Cross overs, spins, fans, cha chas, lunges...all those fancy things you see danced across the width of the slot, learn them here!

Repetition: 2

WEST COAST SWING 220: TUNING UP YOUR DANCING FOR INTERMEDIATE-ADVANCED

Private Lesson or Group Delivery

Prereqs: 110, 115

Recommended: 210, 212

Time: 1 hour

Description: Make sure your connection, technique and styling are solid and learn more advanced options.

Repetition: 2

WEST COAST SWING 222: BODY MOVEMENT & ISOLATIONS

Prereqs: 110, 115

Recommended: 210, 212, 220

Time: 1 hour

Description: Individually learn about different parts of the body you should use in your WCS dancing, how to move them, how to do isolations.

Repetition: Allowed



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WEST COAST SWING 225: PLAY FUNDAMENTALS

Prereqs: 110

Recommended: 115, 120, 140, 210, 212

Time: 2 hours

Description: Become more playful in your West Coast Swing. Do more than just go from pattern to pattern. Learn the 3 types of play, when to play, and some options on how to play.

Repetition: 2

WEST COAST SWING 230: INTERMEDIATE WHIP VARIATIONS

Prereqs: 140

Recommended: 110, 115, 120

Time: 2 hours

Description: Learn 5 to 8 new whip variations such as the Continuous Whip, Stalker Whip, Power Whip, Snap Basket, and more.

Repetition: 2

WEST COAST SWING 240: POPULAR INTERMEDIATE-ADVANCED PATTERNS & COMBINATIONS

Prereqs: 120

Recommended: 140, 212, 230

Time: 2 hours

Description: All the cool patterns popular that experienced WCS dancers do like Hammerlock Ronde`s, Rolls and Passes, Slingshots, and much more.

Repetition: 2

WEST COAST SWING 250: CONNECTION & STYLING OPTIONS & LATEST TRENDS

Prereqs: 101, 102, 105, 110, 115

Recommended: At least 6 solid months of WCS dancing

Time: 1 hour

Description: By design, the content in class evolves over time. This class introduces brand new trends happening in the national WCS circuit. Typically, these trends include footwork, styling, connection, syncopation, and technique. The content in this class can eventually become standards in the fundamental classes as WCS evolves and new trends prove to be improvements or universally accepted changes to the dance.

Repetition: Infinite

WEST COAST SWING 260: VARYING THE DYNAMICS OF YOUR WCS PATTERNS USING LENGTH

Prereqs: 140

Recommended: 110, 115, 120, 220

Time: 2 hours

Description: Discover how varying the length of patterns and the slot is an effective way to make for a more dynamic dance. Use this to match the music and mood. Apply this concept to several basic patterns.

Repetition: 2

WEST COAST SWING 265: THE SEVEN MOLDS OF WCS

Prereqs: 120

Recommended: 110, 115, 140, 230, 260

Time: 2 hours

Description: Introduce the 7 molds and guidelines for 6 or 8-count patterns, and the exception to the rule. Learn a pattern for each mold, and maybe create your own!

Repetition: Allowed



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WEST COAST SWING 270: VARYING THE DYNAMICS OF YOUR WCS PATTERNS USING WIDTH, HEIGHT, SHAPING, AND ROTATION

Prereqs: 140

Recommended: 110, 115, 120, 220, 260

Time: 2 hour

Description: Learn to use the entire width of the slot and going in and out of the slot to make standard patterns more dynamic. Learn to express intensity and feeling through varying the height at the ends of the slot, middle, and in closed position. Add shaping and rotation to standard patterns to give it a whole new feel and look.

Repetition: 2

WEST COAST SWING 275: A TOUCH OF TANGO FOR YOUR WEST COAST SWING

Prereqs: 140

Recommended: 110, 115, 220

Time: 1 hour

Description: Enhance your WCS with moves and styling borrowed from various styles of Tango.

Repetition: Allowed

WEST COAST SWING 276: A TOUCH OF SAMBA FOR YOUR WEST COAST SWING

Prereqs: 140

Recommended: 110, 115, 220

Time: 1 hour

Description: Enhance your WCS with some moves and styling borrowed from Samba.

Repetition: Allowed

WEST COAST SWING 277: A TOUCH OF SALSA/MAMBO FOR YOUR WEST COAST SWING

Prereqs: 140

Recommended: 110, 115, 220

Time: 1 hour

Description: Enhance your WCS with some moves and styling borrowed from Salsa/Mambo.

Repetition: Allowed

WEST COAST SWING 278: A TOUCH OF BALLROOM FOR YOUR WEST COAST SWING

Prereqs: 140

Recommended: 110, 115, 220

Time: 1 hour

Description: Enhance your WCS with some moves and styling borrowed from Ballroom.

Repetition: Allowed

WEST COAST SWING 279: A TOUCH OF LINDY & MORE FOR YOUR WEST COAST SWING

Prereqs: 140

Recommended: 110, 115, 220

Time: 1 hour

Description: Enhance your WCS with moves and styling borrowed from Lindy related dances.

Repetition: Allowed

WEST COAST SWING 280: A TOUCH OF HIP HOP FOR YOUR WEST COAST SWING

Prereqs: 140

Recommended: 110, 115, 220

Time: 1 hour

Description: Enhance your WCS with moves and styling which include Hip Hop elements.



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Repetition: Allowed

WEST COAST SWING 285: ROLE REVERSAL

Prereqs: 110, 115

Recommended: At least 6 months of dancing natural part.

Time: 3 hours

Description: Hear the perspective of those on the other side of the connection. Learn the opposite role of the basic steps. Build sensitivity to subtle and not-so-subtle flaws in connection and lead/follow. Practice dancing with other women and men alike and observe the range of technique and feel. Become much better in your natural role.

Repetition: 2

WEST COAST SWING 287: LEVERAGE, SPINS & TRICKS

Prereqs: 115 & at least 6 months of dancing

Recommended: 120, may enroll with a partner.

Time: 2 hours

Description: Introduce the true concept of leverage. Etiquette of leverage and trick moves. Learn some cool variations and moves including true leveraged moves, tricks, and dips--such as lunges, fish hooks, leverage tricks, slides, sweeps, & spins.

Repetition: 2

WEST COAST SWING 290: PREPARING FOR WCS COMPETITIONS

Private Lesson or Group Delivery

Prereqs: 115, 220

Recommended: at least 6 months of dancing.

Time: 1 hours

Description: Learn the different divisions and levels of WCS Competitions & how to get plugged into the competitive circuit. Determine what type of competition is best for you. How are competitions run, what to expect? What do the judges look for and how you can prepare. Dance and get group critiques from the instructor, possibly individual critiques if time allows.

Repetition: Allowed

WEST COAST SWING 295: BOOT CAMP II: SYNCOPATIONS, VARIATIONS, & PLAY

Prereqs: Audition or invite only. WCS 195 or equivalent.

Time: 12 hours

Description:

- The definition and concepts of SYNCOPATIONS, VARIATIONS, & PLAY.
- Common syncopations and variations
- How to come up with your own syncopations and variations
- How to watch the dancers you admire and discern the syncopations and variations they are doing.
- Popular and useful standard movements, syncopations, and variations for triples and doubles
- Fancying up common patterns with cool syncopations and variations
- Introduce the concept of Playing with your WCS.
- Learn and practice the Types of Play
- How to use syncopations and variations to Play.
- Keeping the correct connection and technique through it all

Repetition: Allowed

WEST COAST SWING 297: INTERMEDIATE-ADVANCED LEVEL GUEST INSTRUCTOR CLASS

Specific titles vary

This is the placeholder for when we offer specialty classes by traveling Pro's or other guest instructors at an Intermediate-Advanced Level

WCS Course Guide v2.2

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Prereqs: To be determined by instructor.

Time: 1 hour

Description: Varies

Repetition: Infinite

WEST COAST SWING 298: INTERMEDIATE-ADVANCED LEVEL FANCY PATTERNS OPEN CLASS

Specific titles vary.

This is a placeholder specifically for unique patterns-based classes. New and different patterns can be covered each time.

Prereqs: 110, 115, 120, and at least three 200-level class, or equivalent

Time: 1 hour

Description: Varies

Repetition: Infinite

WEST COAST SWING 299: INTERMEDIATE-ADVANCED LEVEL IN-HOUSE SPECIALTY CLASS

Specific titles vary.

This is a placeholder for when we offer intermediate-advanced level one-time or limited classes that aren't included anywhere else in the curriculum.

Prereqs: Varies

Time: 1 hour

Description: Varies

Repetition: Allowed

WEST COAST SWING 310: MUSICAL PHRASING AND DANCING TO THE MUSIC

Prereqs: 212

Time: 2 hours

Description: Learn how most dance music is structured and how to identify the phrases of music. Learn how to match your dancing to fit the phrases of the music. Identify the natural and unique rhythms of songs and how that should affect your dancing. Learn some useful exercises to help you build instinctual awareness of music and begin integrating musicality into your dancing!

Repetition: 2

WEST COAST SWING 312: THE DANCERS' MAP OF MUSICALITY™

Prereqs: At least 6 months of dancing WCS

Time: 2 hours

Description: Learn why dance classes can be the worst thing for dancing to the music and how you can fix it. Be introduced to The Dancers' Map of Musicality™ and build awareness of all the parts of music that you can express in your dancing. This workshop will define each part and help you find them in several different songs. Discuss how you can appropriately express these in your dancing. The ultimate goal is for the dancer(s) to look like an extension of the music. This is a great workshop for all dancers, not just West Coast Swingers, however for the short applied portion of this workshop, WCS will be used. This is what dancing is truly all about!

Repetition: Allowed

WEST COAST SWING 314: HITTING BREAKS

Prereqs: 310

Time: 2 hour

Description: Define a break in the music as opposed to other musicality characteristics. Identify where breaks happen. How to react to and recover from breaks. Developing a repertoire of patterns, movements, and stylings to use.

Repetition: 2



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WEST COAST SWING 320: HOW TO DANCE TO THE BLUES

Prereqs: 212

Recommended: 115, 120, 260, 270, 310

Time: 1 hour

Description: Identify several different types of Blues Music and their different rhythms. How to style your WCS for “swingy” blues vs. “funky” blues. Characteristics to include in your WCS styling to look better dancing to Blues music.

Repetition: Allowed

WEST COAST SWING 322: THE WCS BLUES MOTION STUDY

Prereqs: 212

Recommended: 310, 320

Time: 1 hour

Description: This is a solo (no-partner) dance workshop that incorporates patterns and movements that you can use in your WCS into a simple routine all phrased to a Blues WCS song. This is a great way to build body awareness, musical awareness and tie them together.

Repetition: Allowed

WEST COAST SWING 324: HOW TO DANCE TO POP AND FUNKY MUSIC

Prereqs: 212

Recommended: 115, 120, 260, 270, 320

Time: 1 hour

Description: Identify the characteristics of Pop & Funky music. Learn how to style your WCS for pop and funky tunes. Practice stylings to include in your WCS to look better dancing to this music.

Repetition: Allowed

WEST COAST SWING 326: THE WCS POP & FUNKY MOTION STUDY

Prereqs: 212

Recommended: 310, 324

Time: 1 hour

Description: This is a solo (no-partner) dance workshop that incorporates patterns and movements that you can use in your WCS into a simple routine all phrased to a Pop/Funky WCS song. This is a great way to build body awareness, musical awareness and tie them together.

Repetition: Allowed

WEST COAST SWING 328: HOW TO DANCE TO SLOW TUNES

Prereqs: 212

Recommended: 115, 120, 260, 270, 320, 324

Time: 1 hour

Description: Identify the characteristics of slow music. Learn how to style your WCS for slow tunes. Practice styling to include in your WCS to look better dancing to this music.

Repetition: Allowed

WEST COAST SWING 330: THE WCS SLOW MOTION STUDY

Prereqs: 212

Recommended: 310, 328

Time: 1 hour

Description: This is a solo (no-partner) dance workshop that incorporates patterns and movements that you can use in your WCS into a simple routine all phrased to a slow WCS song. This is a great way to build body awareness, musical awareness and tie them together.

Repetition: Allowed



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WEST COAST SWING 340: HIJACKS & HIJINX

Prereqs: 110, 115, 120, 212

Recommended: 285

Time: 1 hour

Description: When is it allowed for a follow to steal the lead? How can she do so effectively, and some standard patterns with hijacking are introduced. Leads will learn how to react and enhance the follow's hijacking and hijinx.

Repetition: Allowed

WEST COAST SWING 350: ADVANCED CONNECTION OPTIONS: PUSH-STYLE & DOUBLE-COMPRESSION

Prereqs: 110, 115, 120, 212

Recommended: 260

Time: 1 hour

Description: Learn the power and unique look of compressing right before the anchor, or even, double-compressing. This is a non standard connection in WCS, but if used effectively can take your dancing to whole new level. This technique is added to standard patterns, and some new playful patterns using this connection are included.

Repetition: 2

WEST COAST SWING 360: ADVANCE WHIP VARIATIONS

Prereqs: 140, 230

Recommended: 265

Time: 1 hour

Description: Learn Open Whips & variations, including the advanced lead/follow techniques necessary to execute them successfully

Repetition: Allowed

WEST COAST SWING 385: THE CONVERSATION OF WEST COAST SWING

Prereqs: 110, 115, 120, 212, 260, 265, 270, 285, 340

Recommended: 310, 320, 324, 328

Time: 1 hour

Description: Learn how to adjust the lead based on the follow's preference and skill level. Pay attention to each other's moods, interpretations. Allow the follow to contribute in setting the mood, movement, and musical interpretation. Learn how to be a follow, yet share the lead in setting the mood, movement, and musical interpretation. Communicate to your partner and have a true exchange.

Repetition: Allowed

WEST COAST SWING 388: OLD-SCHOOL WEST COAST SWING

Prereqs: 110, 115, 120, 210, 212, 220

Recommended: dancing WCS for at least a year

Time: 1 hour

Description: Understand today's WCS better by having an awareness of where it has been. Once-popular techniques, stylings and moves of yesteryear that have fallen out of fashion are introduced. This class will help you recognize and dance with people who still dance with some of these characteristics. They will also help analytical dancers understand the evolution and variation of WCS.

Repetition: Allowed

WEST COAST SWING 395: BOOT CAMP III: MUSICALITY

Prereqs: Audition or invite only. WCS 195 & 295 or equivalent. A good ear for music.

Time: 12 hours

Description:



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- Learn a language to discuss music, from a dancers' perspective.
- Identify important components of music and what they mean for a dancer.
- Examine standard musical structures and how it's relevant for dancers.
- Learn the Dancer's Map of Musicality™. Dissect each point in the map, identifying specific examples in several popular WCS songs. Apply many basic through advanced connection, patterns, and styling techniques to the dancing interpretation of each point on the map.
- Learn how to express the music in your dance through length, height, width, pattern selection, dynamic body movement and dynamic connection.
- Learn some "prescribed" patterns and stylings to be more musical in your dancing.
- Learn how to exercise your creativity and find your inner musicality to be much more expressive in your dancing, all while maintaining an optimal connection with your partner.
- Learn how to communicate what you are feeling in the music to your partner.
- Apply, Practice, and Drill these techniques.

Repetition: Allowed

WEST COAST SWING 397: ADVANCED-MASTER LEVEL GUEST INSTRUCTOR CLASS

Specific titles vary.

This is the placeholder for when we offer specialty classes by traveling Pro's or other guest instructors at an Advanced-Master Level.

Prereqs: To be determined by instructor

Time: 1 hour

Description: Varies

Repetition: Infinite

WEST COAST SWING 398: ADVANCED-MASTER LEVEL FANCY PATTERNS OPEN CLASS

Specific titles vary

This is a placeholder specifically for unique patterns-based classes. New and different patterns can be covered each time.

Prereqs: 110, 115, 120, and at least four 200/300 level class, or equivalent

Time: 1 hour

Description: Varies

Repetition: Infinite

WEST COAST SWING 399: ADVANCED-MASTER LEVEL IN-HOUSE SPECIALTY CLASS

Specific titles vary

This is a placeholder for when we offer intermediate-advanced level one-time or limited classes that aren't included anywhere else in the curriculum.

Prereqs: To be determined for each class

Time: 1 hour.

Description: To be determined

Repetition: Infinite

WEST COAST SWING 097(A THRU C): SOS LESSON BASIC OR TGIF BASIC

Prereqs: None

Time: 30 minutes

Description: 3 different class lessons plans (A, B, C), together which cover the 6-count basic patterns. These classes are the abbreviated type that are done before SOS, or other dance parties and therefore don't get into as much detail nor are as thorough as 100 and higher level classes.

Repetition: Each subclass should be repeated at least once, so WCS 097 should be taken 6-times.

WEST COAST SWING 098(A-F): SOS LESSON UPPER-LEVEL BASIC

Prereqs: 097A, 097B, 097C or 101, or equivalent



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Time: 30 minutes

Description: Six different lessons plans (A, B, C, D, E, F) which cover the 8-count basics and some bread and butter moves. These classes are the abbreviated type that are done before SOS, or other dance parties and therefore don't get into as much detail nor are as thorough as 100 and higher level classes.

Repetition: 12. Each subclass should be repeated at least once.

WEST COAST SWING 099: SOS INTERMEDIATE-ADVANCED

Prereqs: 097A, 097B, 097C, 098A, 098B, 098C, 098D, 098E, 098F, or 101, 102, 105 or equivalent.

Time: 30 minutes

Description: Patterns classes that change every week. These classes are the abbreviated type that are done before SOS, or other dance parties and therefore don't get into as much detail nor are as thorough as 100 and higher level classes.

Repetition: Infinite