Penn Latin and Ballroom Dance
Newcomer Standard
8:45pm – Tuesdays - Fall 2013

Instructors:
Michael Simonson
Ryan Smith

Goals:
♦ Competency and mastery of Pre Bronze and Bronze Syllabus level steps in the International Standard Style Ballroom Dances.
  Standard= Waltz/Tango/Foxtrot/Quickstep/Viennese Waltz
♦ Improve your overall quality of movement by developing proper technique and skilled partnership abilities; dance skillfully to a variety of rhythms and tempi.
♦ Experience a level of competitive and performance ballroom dancing.
♦ Evaluate your abilities as a ballroom dancer and receive critique to improve areas of weakness.

Recommendations:
♦ Attendance
  o You are responsible for attending lessons, and taking notes if you feel necessary. We have planned the weekly lessons to build upon the previous weeks. It will be difficult for you to miss multiple lessons without falling a bit behind (If you have to miss a week for any reason or another, that’s fine! We are all busy; just don’t skip multiple lessons in a row. Make friends with other people in the newcomer lessons and ask them what was taught the previous week!)
♦ Attire
  o Men: We recommend wearing long pants. Preferably, this would be either dance pants or non-pleated dress pants. Shoes are the most important dance accessory, and we recommend investing in a pair or ballroom shoes earlier rather than later if you enjoy ballroom. If you have questions about dancewear, shoes, etc. ask Michael.
  o Women: Wear either yoga pants (not the leggings, but the pants with flared bottoms) or a comfortable skirt that falls below the knee. As with men, shoes are a good investment. Questions can be directed to Ryan.
♦ Compete
  o We can’t force you to go, but the best way to practice is to go do the real thing. The club travels to several competitions each semester. Find a partner and sign up! It is a great way to show what you have learned, gain confidence, and see other dancers (some of whom are very good). Socials and semi-formals are also good ideas.
♦ Keep a Notebook/Practice
♦ Have Fun!

Schedule (Tentative):
Weeks 1, 2: Intro, Two Step
Weeks 3, 4: Quickstep
Weeks 5 - 7: [Slow/English] Waltz
Weeks 8-10: [International] Tango
Week 11: Review of QS, SW, TG
Weeks 12,13: Foxtrot
Weeks 14, 15: Waltz, Tango