

# Urban Ballroom Conservatory

**Instructor** Roy Dennis

**Phone** 951-536-2949

**Location** Loma Alta Park  
3330 West Lincoln Ave  
Altadena, CA.

**E-mail** [klassydancers@gmail.com](mailto:klassydancers@gmail.com)

**Office Hours** Mondays 5:30-8:30 &  
Saturdays 12:00 – 2:00 pm

---

## Description:

Level 1 Syllabus

## Goals:

Students will begin with learning synchronized Urban Ballroom Dancing skills which include basic steps, turns, learning with and a variety of other dance motions while progressing through the course.

Students will participate in opportunities to create personal, family and community connections through dancing, mentorship, and service in a harmonious atmosphere.

Besides the benefits of learning new steps, having fun and meeting people, dancing is a journey that will eventually set you on a path of setting your own personal goals. Whether your goal is improved health, relieve stress, enhance coordination, or new socialization, your own personal goals will make the difference between sticking with it or walking away.

## Requirements:

Students are expected to practice in between dance sessions.

## Resources:

Various You Tube videos, other DVD's, socials.

## Evaluation:

Observation and demonstration of steps, moves & completion of weekly checklist which include posture, execution of leadership(men), following(ladies), etc.

## Course Schedule:

Lesson	Topic	Goals and Expectations
1.	Orientation	Overview and history of Contemporary Urban Ballroom Dancing. Basic rhythm, timing, and movement: posture and etiquette, Cha-Cha (smooth), ballroom walk, ¼, ½ turn.
2.	Structure/Social	Structured position with a partner. Basic rhythm, timing, and movement: posture and etiquette,

Lesson	Topic	Goals and Expectations
		Cha-Cha (smooth), ballroom walk, ¼, ½ turn.
3.	The Social aka the Graystone	Introduction to the social position, the pivot, assisted and unassisted full turn, while continuing basic rhythm, timing, momentum. Focusing on coordination, feet position, shifting weight, etc.
4.	Putting it all together Part 1	The basic routine of opening, closing, swing-the lady-out, back to side, back to social. Opening/close. Practice freestyle with partners.
5.	Putting it all together Part 2	Repeat Part 1, Adding trading places. Swing the lady out/men go under, turn the lady, bring back to side. Practice with Partners.
6.	The Box Step	Continue practicing Putting it all together, adding The Box Step. Freestyle
7.	Hand Movements	Necktie, Downlow, The butterfly,
8.	Behind the Lady	Revisiting Etiquette: Body proximity, couples, singles, Hygiene
9.	The Jazz Box	Covering all skills from basic to advanced. Adding the Jazz Box.
10.	Exhibition	Dancers will exhibit all that was learned, certificates awarded, pictures, potluck and party!