

Wednesday Night Ballroom Class

West Coast Swing

FIRST NIGHT FREE- NOVEMBER 6

When: Wednesday Nights 8:00-9:00 pm

Where: Leisure World Rec 1 Classroom

Cost: \$10/person/class- pay at the door (cash or check only) \$5/person/class if taking East Coast Swing class from 7:00-8:00 pm on the same night

Dates	Tentative Figures to be Taught
11/6/24	Review Push Break, Left Side Pass Introduce: Sugar Push
11/13/24	Review Tuck & Twirl, Underarm Turn, Sugar Push Introduce: Tuck & Spin
11/20/24	Review: Sugar Push, Tuck & Spin, Underarm Turn Introduce: Left Side Pass with Tuck & Spin
12/4/24	Review Tuck & Spin, Left Side Pass with Tuck & Spin Introduce: Left Side Pass with Inside Turn
12/11/24	Review Left Side Pass with Tuck & Spin, Left Side Pass with Inside Turn Introduce: Right side Pass from Left Side Pass Man Overturn to Handshake
12/18/24	Review Left Side Pass with Inside Turn, Right side Pass from Left Side Pass Man Overturn to Handshake Introduce: Right Side Pass with Outside Turn
1/8/25	Review: Sugar Push, Tuck & Spin, Left Side Pass with Tuck & Spin, Left Side Pass with Inside Turn, Right Side Pass from Left Side Pass Man Overturn to Handshake, Right Side Pass with Outside Turn, Cheek to Cheek,
1/15/24	Review Cheek to Cheek, Wrapped Whip, Right Side Pass with Outside Turn Introduce: Sugar Bump
1/22/25	Review Sugar Bump, Wrapped Whip Introduce: Wrapped Whip with Tunnel Exit
1/29/25	Review Sugar Bump, Wrapped Whip with Tunnel Exit, Whip Turn Introduce: Inside Whip
2/5/25	Review Wrapped Whip with Tunnel Exit, Inside Whip Introduce: Sugar Toe Heel Crosses with Tuck & Spin Ending
2/12/25	Review Inside Whip, Sugar Toe Heel Crosses Introduce: Sugar Push with Rock 2
2/19/25	Sugar Toe Heel Crosses, Sugar Push with Rock 2 Introduce: Surprise Whip
2/26/25	Review Sugar Push with Rock 2, Surprise Whip Introduce: Man's Underarm Turn
3/5/25	Review Surprise Whip, Man's Underarm Turn Introduce: Alternating Underarm Turn
3/12/25	Review Man's Underarm Turn, Alternating Underarm Turn Introduce: Face Loop Sugar Push
3/19/25	Review: Alternating Underarm Turn, Face Loop Sugar Push, Side Whip, Half Whip

For More Information Contact:

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