

Coach Mandy Kuhn's Playbook

I believe in the K.I.S.S. method. Learn one move that you can put into 2 or 3 dances.

Second Edition

8 Week Game Plan

Week 1: <u>Leaders and Alternating Turns</u> - Merengue, Hustle and Swing	January 6
Week 2: <u>Chase</u> (Full and Half Turns)- Cha-Cha and Salsa	January 13
Week 3: <u>Quarter Turns</u> - Waltz and Foxtrot	January 20
Week 4: <u>Parallel Breaks</u> - Cha-Cha, Rumba, Night Club Two Step and Salsa	January 27
Week 5: <u>Side by Side Changes</u> - Waltz and Foxtrot	February 3
Week 6: <u>Cross Box Lead</u> - Waltz and Rumba	February 10
Week 7: <u>Cross Body Lead</u> - Cha-Cha, Rumba and Salsa	February 17
Week 8: <u>Alternating Turns</u> - Rumba, Cha-Cha, Night Club Two Step	February 24

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