



PACIFIC BALLROOM DANCE

PRE-BRONZE SAMBA

LONG-SIDE

TIMING

Hold (Facing Wall)

1a2, 2a2

Bounce

3a2, 4a2

Reverse Basic Movement

5a2,,6a2

Whisk to left

7a2

Whisk to right

8a2

Boto Fogos Promenade and Counter Promenade

1a2,2a2,3a2

Side Samba Walk

4a2

Criss Cross Boto Fogo

5a2,6a2,

Criss Cross Voltas traveling R

7a2,8a2

Criss Cross Boto Fogo

1a2,2a2,3a2,4a2

Criss Cross Voltas traveling L

5a2, 6a2

LF & RF Stationary Samba Walk

7a2, 8a2

Reverse Basic Movement turning x 2

1a2, 2a2

Repeat from Bounce action

Focus: Frame, Footwork, Timing

Warm up;

Basic

Whisks

Goals:

Bounce and Timing



PACIFIC BALLROOM DANCE

PRE-BRONZE CHA CHA

ROUTINE

Closed Basic Movement

New Yorker to LSP and RSP

There and Back (x 2)

1 -5 Basic

Hand to Hand LSP

Hand to Hand RSP

Man - Switch Turn Left
Ladies - Switch Turn Right

Left Shoulder to Shoulder

Right Shoulder to Shoulder

Repeat

Focus: Frame, Footwork and Timing

Warm Up:
Basic and Locks

TIMING

23,4&1 23,4&1

23,4&1 23,4&1

23,4&1 23,4&1
23,4&1 23,4&1

23,4&1

23,4&1

23,4&1

23,4&1

23,4&1

23,4&1

Goals:
Timing, Tracking of legs



PACIFIC BALLROOM DANCE

PRE-BRONZE PASO DOBLE

<u>Routine</u>	<u>Timing</u>	<u>Alignment</u>
Appel	1	FLOD
Sur Place (¼ turn to right)	2345678	E FW
Promenade Link	1234	FW
Chassé to Right with Elevation	5678	FW
Promenade Link	1234	FW
Chassé to Right w/o Elevation	5678	FW
Promenade	Appel(1) 2345678	FW, end F Center
Sur Place (¼ turn to right)	Appel(1)2345678	E LOD
Separation	Appel (1)2345678	FLOD
Separation with Lady's Caping Walks	Appel(1)2345678 Cont..12345678	FLOD
Drag	1234	FLOD
Chassé to Left	Appel(5)678	FLOD
Appel	1	FLOD
Sur Place (¼ turn to right)	2345678	E FW

Repeat



PACIFIC BALLROOM DANCE

PRE-BRONZE RUMBA

START CLOSED POSITION

TIMING

Left foot Cucaracha	2341
Right Foot Cucaracha	2341
Closed Basic Movement	2341, 2341
New Yorker LSP	2341
New Yorker RSP	2341
Spot turn to the Right	2341
Hand to Hand Left side position	2341
Hand to Hand Right side position	2341
Spot turn to the Left	2341
Cuban Rock	2341, 2341
Side Steps to Left (starting with Right foot)	2341

Repeat

Focus: Frame , Footwork and Timing

Warm Up:

Rumba Walks forward and backing
Spot turns

Goals:

Timing, Tracking of legs



PACIFIC BALLROOM DANCE

PRE-BRONZE JIVE

Routine

Fallaway Rock x 2

Change of Places Right to left

Change of Places Left To Right

Link

Fallaway Throwaway

Hand Change Behind Back

Hip Bump x 2

Hand change behind Back

Change of places Left to Right

Link

REPEAT

Focus:

Frame, Footwork, Timing

Warm up:

Chasse Normal

Chasse Compact

Link Rock

TIMING

QQ, QaQ, QaQ (x2)

QQ, QaQ, QaQ

QQ, QaQ, QaQ

QQ, QaQ, QaQ

QQ, QaQ, QaQ

QQ, QaQ, QaQ

QQ, QaQ, a QaQ (x2)

QQ, QaQ, QaQ

QQ, QaQ, QaQ

QQ, QaQ, QaQ

Goals:

Timing, Pendulum of hips