

WCS Beginner II Syllabus

A 4 Week Series

Prerequisite: 6 Week Beginner I or equivalent

Building on the Core Concepts & Patterns – Starter Step, Sugar Push, Left Side Pass, Under Arm Turn, Whip in order to make a Better Beginner

1. Week 1

- a. Brush-up on Core Patterns
- b. 3 Relationships w/ Partner, Floor, Music
- c. Finding your Core
- d. Four Laws of WCS
 - i. Man always lead bringing his core backwards with 2 Single Steps
 - ii. The Follower moves back and forth along a slot
 - iii. Ends in an Anchor/Triple Step
 - iv. Basics consist of 6 & 8 count patterns
- e. Anchor – triple step - center back
- f. Post – on 4
- g. Connection - Outstepping the Lead
 - i. 5 points of Connection
 1. Leaders Center
 2. Followers Center
 3. Support – Avg. Mutual Center of Gravity
 4. Leader Connection Point
 5. Follower Connection Point
- h. Elasticity – 6/8 &/a 1
- i. Follower Eye on Leader at count 3

2. Week 2

- a. Pyramid of Basics – Video
- b. Fold/Chicken Wing
- c. Mirroring
 - i. The Exercise
 - ii. SP Barrel Roll
 - iii. Cha-Cha
- d. Extending Patterns – 2 beat increments
 - i. Walking Push – Swivel
 - ii. Walking Whip
- e. Starter Step Variations
 - i. Standard
 - ii. Weighted Foot Behind
 - iii. Rotational
- f. Sugar Push Variations
 - i. Men Styling
 - ii. Ladies Steal

3. Week 3

- a. Left Side Pass Variations
 - i. LFP Barrel Roll
 - ii. Man turn around
 - iii. LFP w/ Head Loop – Hand LR
- b. Under-Arm Turn Variations
 - a. She Goes – He Goes
- c. Scrolling – Moving Zero Position
 - a. 0, 1, 2 – arms length
 - b. UAT
 - c. SP

4. Week 4

- d. Whip Variations
 - i. Reverse Whip
 - ii. Hustle
 - iii. Apache
 - iv. Basket w/ Turn
- e. Spins & Turns
 - a. Axis
 - b. Spinning Exercise
 - v. The Prep
 - vi. LFP Inside Turn
 - vii. LFP Continuous Turn/Spin