

# WCS Beginner I Syllabus

Welcome to WCSLV

Purpose

Facebook/Webpage Plug

Email list for updates & homework

Handouts –Welcome – Syllabus - Contacts - Etiquette

---

## 1. Week 1

- a. Introductions
- b. Explain the Course
- c. Be OK with being a beginner
- d. What is WCS?
  - i. Explain WCS0
  - ii. An Educated Dance
  - iii. Music Variety
  - iv. No Bounce - Smooth
  - v. Very Improvisational. Within a framework
  - vi. Lead-Interpretation-Follow- Interpretation-Follow
  - vii. 4 Rules
    1. First 2 beats are single weight changes – Single Steps
    2. Last 2 beats are a triple weight Change –Anchor Step
    3. Slotted Dance – what is the slot?
    4. 6 & 8 Count Patterns
- e. Terminology – Slot, Anchor, Connection, Compression, Tension, Frame, Musicality, Timing, Rhythm, Post, Stretch, Lead/Follow, Mirroring, Open & Closed Positions
- f. General Dance & Class Etiquette - Handout
- g. Posture – Head straight , Shoulders back
- h. Walk – Toe to Heel
  - i. Followers forward Right
  - ii. Leaders back Left
- i. Rhythm & Timing
- j. Foot Rhythm
  - i. Single Step
  - ii. Triple Step
- k. 6 Count Rhythm
- l. Anchor Step – 3<sup>rd</sup> Position - Pizza Feet
- m. Left Side Pass
  - i. Rotation to Parallel to slot on 4
  - ii. Left Hand Lead Low – From Center
- n. Starter Step - Followers seeking the Connection

## 2. Week 2

- a. Review Week 1
- b. Sugar Push
- c. Underarm Turn – Lovely L

3. Week 3

- a. Review Week 1 & 2
- b. Sugar Tuck
  - i. Compression and Leverage - Lean In & Out -
- c. Left Side Tuck
- d. Catch-up

4. Week 4

- a. Review Week 2&3
- b. Frame – Arms out
- c. Right Side Pass
- d. 8-Count Footwork
- e. Pre-Whip
- f. Right Torque Turn
- g. Basic Whip - Chairs

5. Week 5

- a. Review Week 3&4
- b. Whip – Outside Turn
- c. Whip –Inside Turn

6. Week 6

- a. Review Week 4&5
- b. Basket Whip
- c. Walking Whip
- d. Session Review