

## Social Dance

General Notes	(00:00:01 – 00:02:13)	
Content Outline	(00:00:01 - 00:00:34)	
Line of Dance (LOD)	(00:00:35 - 00:01:22)	
Position and Direction	(00:01:23 - 00:02:12)	
Ballroom Dance	Blues	(00:02:16 – 00:10:12)
	The Hold	(00:02:15 - 00:02:52)
	Demonstration	(00:02:53 - 00:04:05)
	Steps Description	Quarter Turns (00:04:07 - 00:04:57)
		Side Step (00:04:58 - 00:05:48)
		Forward Rock (00:05:49 - 00:06:41)
		Conversation Piece (00:06:42 - 00:07:47)
		Reverse Pivot Turn (00:07:49 - 00:09:03)
	Amalgamations	(00:09:04 - 00:10:11)
	Waltz	(00:10:14 – 00:21:51)
	Demonstration	(00:10:15 - 00:11:17)
	The Hold	(00:11:18 - 00:11:55)
	Steps Description	Closed Change (00:11:57 - 00:13:38)
		Natural Turn (00:13:40 - 00:14:47)
		Reverse Turn (00:14:48 - 00:16:16)
		Whisk and Chassé (00:16:18 - 00:18:23)
		Hesitation Change (00:18:24 - 00:19:35)
	Amalgamations	(00:19:37 - 00:20:35)
	Dance Appreciation	(00:20:36 - 00:21:51)
Latin Dance	Cha Cha Cha	(00:21:53 – 00:31:19)
	Demonstration	(00:21:52 - 00:22:44)
	General Notes	(00:22:45 - 00:23:29)
	The Hold	(00:23:30 - 00:24:02)
	Steps Description	Basic Movement (00:24:02 - 00:25:18)
		Whisk and Chassé (00:25:20 - 00:26:07)
		Spot Turn (00:26:09 - 00:27:18)
		New York (00:27:19 - 00:28:02)
		Follow My Leading / Leader (00:28:03 - 00:29:08)
		Underarm Turns (00:29:09 - 00:30:28)
	Amalgamations	(00:30:29 - 00:31:19)
	Jive (Tap Step Style)	(00:31:22 – 00:40:26)
	Demonstration I	(00:31:20 - 00:32:11)
	The Hold	(00:32:12 - 00:32:33)
	Steps Description	Basic Movement (00:32:34 - 00:33:24)
		Underarm Turns (00:33:25 - 00:33:52)
		Link Rock (00:33:53 - 00:34:48)
		American Spin (00:34:49 - 00:36:09)
		Change of Hands Behind Back (00:36:10 - 00:37:38)
		Windmill (00:37:39 - 00:38:40)
	Amalgamations	(00:38:41 - 00:39:31)
	Demonstration II	(00:39:32 - 00:40:24)