

NTA CLASS DESCRIPTIONS

01/2010, Revised 08/2014, 09/2017

NTA Classes and workshops present techniques that will allow you to execute dance movements and patterns safely and with style. Counts, foot positions, and body alignment are introduced for each dance movement taught, and there are opportunities to practice each during class. Each workshop lasts two. As the levels progress, they review foot positions, arm positions, and some basic techniques from earlier levels. Following are brief descriptions of the NTA workshops and accreditation levels:

Dance Fundamentals I: Basic Concepts & Single-Rhythm Dance Steps

DF I is packed full of single-rhythm dance movements and patterns like Struts, Rock Steps, Swivets, Jazz Boxes, and Grapevines. It covers the five major and four minor foot positions and how each is used; explains the 12 parts of the foot and how we use each part; and demonstrates a “dancer’s walk” using good Carriage, Contra Body Motion, and Centering. It discusses body isolation and how it is used with swivels. DF I also introduces 3rd dance-position movements and explains the importance of using 3rd dance position for better balance.

Dance Fundamentals II: Triple-Rhythm Dance Steps & More

DF II teaches many triple-rhythm dance movements and patterns like Sailor Steps, Coaster Steps, and Crossing Triples. It also introduces arm positions (Port de Bras) and several specialty moves like Knee Pops, Boogie Walks, Camel Walks, Sailor Shuffles (Vaudeville Steps), and more.

Dance Fundamentals III: Technique for Spins & Turns

DF III is all about spins and turns, progressive and stationary. Just some of the many spins and turns defined, explained, and practiced are Traveling Pivots, Chainés, Inside and Outside Spins, and Monterey Turns as well as the application of torque. Spotting techniques are introduced to increase your sense of balance and refine your spinning.

Dance Fundamentals IV-A & B: Basic Dance Patterns & Styles

It introduces the basic patterns and styling for many of our Couples. These basics are important for Couples dancing for obvious reasons. They are also important for Line

dancing since the basic patterns and styling of these dances are being incorporated into Line dances.

DFIV-A introduces the Charleston/Black Bottom, E/C Swing (triple timing), Mambo, Polka, Samba and Waltz.

DFIV-B introduces the Cha Cha, Night Club, Salsa, Two Step, W/C Swing and Rumba (AM style & FA style).

Dance Fundamentals V: Music – What You Hear & See

DF V discusses the structure of music and its application to dancing. It explains the time signatures, various notes, phrasing of music, parts of a composition, how to distinguish one style of music from another, and more.

Continuing Education Program (C.A.P.) Review Workshop

After completing the highest level of Dance Fundamentals, the C.A.P. Review Workshop is available to keep dancers current in their dance knowledge and skills. C.A.P. Review Workshops include a review of body alignment, frame, carriage, arm positions, and foot positions. They also review many of the steps/movements from the various DF levels and provide an opportunity to practice each during class. Some basic music terms and concepts are reviewed as well.

Couples / School Figures 1-A: Couples Dance Positions

SF 1-A covers dance positions like Right Parallel, Promenade, Reverse Promenade, and more as they are used in Couples dancing. Students are taught and provided an opportunity to practice the leader's and follower's parts, foot positions, and body alignment for each dance position. It also discusses other aspects of Couples dancing like floor alignment.

Couples / School Figures 1-B: Basic Patterns in Two-Step & Waltz

SF 1-B teaches five basic dance patterns in Two-Step and Waltz: 1) Basic, 2) Underarm Turns Right and Left for Follower, 3) Promenade Basic and Promenade with Left Turn, 4) Wrap Basic and Wrap with Roll Out, and 5) an Open Promenade Pattern. Students are taught and provided an opportunity to practice the leader's and follower's parts, body positions, foot positions, counts, and floor alignment.

Couples / School Figures 1-C: Basic Patterns in East Coast Swing & Polka

SF 1-C teaches five basic dance patterns in East Coast Swing and Polka. East Coast Swing includes: 1) Basic and Turning Basic, 2) Underarm Turns Right and Left for Follower, 3) Passes for the Leader, 4) Sugar Push, and 5) Wraps. Polka includes: 1) Basic, 2) Underarm Turns Right and Left for Follower, 3) Promenade, 4) Wraps, and 5) an Open Promenade Pattern. Students are taught and provided an opportunity to practice the leader's and follower's parts, body positions, foot positions, counts, and floor alignment.

Couples / School Figures 1-D: Basic Patterns in Cha Cha

SF 1-D teaches five basic dance patterns in Cha Cha: 1) Basic with and without a Break and Turn, 2) Cross Over Breaks, 3) 5th Position Breaks/The Yale, 4) Parallel Breaks Closed and in Double Hand Hold with Free Turn, and 5) Change Hands Cross Over. Students are taught and provided an opportunity to practice the leader's and follower's parts, body positions, foot positions, counts, and floor alignment. If time allows, there will be a review of all previous levels of SF1.

Couples / School Figures 2-A: Two-Step & Waltz Patterns Continued

SF 2-A teaches additional dance patterns in Two-Step and Waltz. Two-Step includes: 1) Transitions, 2) Promenade Pivots, 3) Weaves / Laces, 4) Lariats, and 5) Preps with turns / Prances. Waltz includes: 1) Serpentine / Spirals, 2) Twinkles, 3) Flip Flops / Toss Across, 4) Open Twinkles / Alternate Twinkles, and 5) Triple Twinkles / Roundabouts. Students are taught and provided an opportunity to practice the leader's and follower's parts, body positions, foot positions, counts, and floor alignment.

Couples / School Figures 2-B: East Coast Swing & Polka Patterns Continued

SF 2-B teaches additional dance patterns in East Coast Swing and Polka. East Coast Swing includes: 1) Throw Outs, 2) She/He Turn, 3) Hammerlock, 4) Tuck Turns, and 5) Locked Double Cross Turn. Polka includes: 1) Rotating Basic, 2) Weaves / Laces, 3) Lariats, 4) Patty Cakes, and 5) Barrel Rolls. Students are taught and provided an opportunity to practice the leader's and follower's parts, body positions, foot positions, counts, and floor alignment.

Couples / School Figures 2-C: Cha Cha Patterns Continued and Basics in

West Coast Swing

SF 2-C teaches additional dance patterns in Cha Cha and introduces five basic patterns in West Coast Swing. Cha Cha includes: 1) Progressive Basics, 2) The Chase, 3) Cross Body Leads, 4) Peek-a-Boos /Cheeks, and 5) Half Moons/ Cross Body Lead Combo. West Coast Swing includes: 1) Starter Steps, 2) Throw Outs, 3) Side Passes for the Follower, 4) The Sugar Push, and 5) Tuck Turns. Students are taught and provided an opportunity to practice the leader's and follower's parts, body positions, foot positions, counts, and floor alignment.

Couples / School Figures 3-A and beyond

These workshops incorporate more patterns for the dances taught in SF 1 and SF 2 plus additional dances will be added. Again, students are taught and provided an opportunity to practice the leader's and follower's parts, body positions, foot positions, counts, and floor alignment.