



## Bachata Level 1 Syllabus

- Open & Closed Hold
- Handshakes & Crossed Hands
- Open & Closed Baskets
- Palm to Palm Hold
- Traditional Hold
- Basic
- Forward & Back
- In Place
- Dominican Box
- 180
- Inside Turns
- Leader's Inside Turns
- Sway Step & Dig Step
- Half & Half
- Alardes
- Tuck Turns & Box Switches
- Slides
- Hand Tosses from Handshake

### Technique

- Avoid pointing the toes in/out.
- Step size should be large/small, no wider than your shoulder width/arm span.
- Place weight towards the in/out side on the heels/balls/flat/toes of your feet.
- Always shift 0% / 50% / 100% of your weight into every Step.
- A Tap has 0% / 50% / 100% weight shift, & the tapped foot never/sometimes/always goes next.
- Keep those knees bent/straight & pointed straight forward/out to the side.
- Hold your breath/core by squeezing right above/below your belly button.
- Pull your shoulders forward/back & up/down until you feel tension between your shoulder blades.
- If you have good posture, your elbows should want to pop in/out. Do/Don't let them.
- When not holding hands, keep your arms up/down & tense/relaxed like you're marching/jogging.
- For a masculine look, keep your hands in tight/loose fists/open hands with bent/flat wrists.
- For a feminine look, keep your fingers bent/flexed & bent/flat wrists.
- When with a partner, never/always grip the hands.
- Keep your chin up/down & your head should bounce/stay level.
- And most importantly, don't forget to \_\_\_\_\_! :)

# Holds

Week 1	(Modern) Open	<p>Leader's palms facing <u>up/down</u>. Follower's arms <u>relaxed dead-weight/held up &amp; lightly touching</u>. <u>Do/Don't</u> use thumbs or squeeze.</p> <p>Moves we know in Open Hold:</p>
Week 1	Closed	<p>Leader's <u>right/left</u> hand goes on what part of the follower's back?  Follower's arms <u>relaxed dead-weight/held up &amp; lightly touching</u>.  To Transition from Open to Closed Hold:</p> <p>To transition from Closed to Open Hold:</p> <p>Moves we know in Closed Hold:</p>
Week 3	Double Crossed	<p>How do we get here?</p> <p>To spin your follower out of this hold, prep your follower towards your <u>top / bottom</u> elbow.  To spin yourself out, spin towards your <u>top / bottom</u> elbow.</p>
Week 4	Palm to Palm	<p>Leader's palms should be facing <u>up/forward/side/down</u>. Elbows <u>against/away</u> from the body.  To Transition from Open to Palm to Palm Hold:</p> <p>To transition from Palm to Palm back to Open Hold:</p> <p>Moves we know in Palm to Palm Hold:</p>
Week 4	Closed Basket	<p>One hand in front of the <u>follower/leader</u>, held <u>close/far</u>, the other at the follower's <u>shoulder/waist/hip</u>.  When moving forward use just the <u>arm across the back/hand on the hip/hand out front</u>.  When moving backward use <u>one hand/both hands</u>.  How do we get here?</p> <p>How do we get out?</p> <p>What moves do we know in this hold?</p>
Week 5	Open Basket	<p>How do we get here?</p> <p>How do we get out?</p> <p>What moves do we know in this hold?</p>
Week 5	Handshake	<p>How do we get here?</p> <p>How do we get out?</p> <p>What moves do we know in this hold?</p>
Week 5	Traditional	<p>To Transition from Modern Open to Traditional Hold:</p> <p>To transition from Traditional to Modern Open Hold:</p> <p>Moves we know in Traditional Hold:</p>

## Move List

Week 1	Basic	From Closed:  From Open: Hands are at what level? How to Initiate?
Week 1	Forward & Back	From Closed:  From Open: Hands are at what level? When Leaders lean forward, followers...
Week 1	In Place	From Closed:  From Open: Hands are at what level?
Week 2	Dominican Box	Footwork:  From Closed:  From Open:
Week 2	180	Footwork:  Starts on what count? Frame must be... Secret Ingredient:
Week 2	Inside Turns	Footwork:  Prep:  Lead:  Close:
Week 2	Leader's Turns	Footwork:  Hands:
Week 3	Free Spin	Prep:  Lead:  Close:
Week 3	Sways	From Closed Hold:  From Open Hold:

## Move List Continued

Week 4	Dig Step	From Closed Hold: From Open Hold:
Week 4	Tuck Turn	From what holds? Prep: Lead: Close:
Week 4	Box Switch	From what holds? Footwork: Lead:
Week 5	Alardes	From Handshake: From Open Hold for the Follower: From Open Hold for the Leader:
Week 5	Half & Half	From what hold? Footwork: Lead:
Week 6	Slides	From What Holds? Footwork: Prep: Lead:
Week 6	Hand Toss (from Handshake)	Key to a good hand toss is in the:  Followers <u>exaggerate/resist</u> , & always lead with the... Followers' fingers should be <u>relaxed/flexed</u> , with thumb & pointer finger making a letter...

## Favorite Combos