



Beginner Bachata Syllabus

Partner Elements

Basics in Closed & Open Hold

- ◆ Side to Side
- ◆ Forward/Back
- ◆ In Place

Inside Turns (From Any 1 or 2 Hands)

- ◆ Prep
- ◆ Lead
- ◆ Close

Leader's Inside Turns

- ◆ Pizza
- ◆ Shoulder Slide
- ◆ Six Pack/Tail Bone

Concept: Turn Towards the Hand You Want

Alardes

Free Spins

Closed & Open Baskets

- ◆ Elbow Turn
- ◆ Titanic

Hammerlock

Shine Elements

Inside Turns

Sway Step

Half/Full Slides

Dig Step

Intermediate I

Partner Elements

Dominican Box
Slide Lead
Sway Lead
Dig Step Lead
360 & 720
Simple Pass
Half & Half
Carry Overs
Outside Turns
Enchufla (On 1 & 5)
Getting into Sensual Hold

Shine Elements

Dominican Box
Half & Half (Dominican Basic)
Dominican Triple (Cha Cha Step)
Carry Over
Outside Turns
To the Base

Technique

Shoulder Blade Leads
Rib Cage Isolation

Intermediate II

Partner Elements

Sway Turns
Side Walks
To the Base (with Rond de)
Cross Steps
Outside Box
Grapevine
Cross Turns
Cross Taps & Toe Heal
Forward Rocks
Hamerlock Fun (Box & Duck)
Shuffle
Back Breaks
Enchufas (on 3 & 7)
Side Shuffle
Back Hits
Ping Pong
Ganchos
About Turns
Half Turns
Doubles
Forward/Back Hip Sway
Body Rolls
Undulations
Side Roll
Rib Cage Roll
Torso Roll
Outside Basic
Zig Zag
Prep Turns
Wrap Around
Lassos

Knee Leads

Booty Rolls
Sway
Syncopated
Knee Rib Rib Knee

Head Rolls

Simple
Spin
Double Alarde

Dips

Basic Dip
Side Dip
Side Dip Swoop
Sit Dip
Tabletop Dip
Hit Dip

Shine Elements

Forward/Back Spins
Grapevine
Cross Turns
Outside Box
Cross Taps
Toe Heal
Shuffle/Side Shuffle
Back Breaks
Back Hits
Ping Pong
Outside Basic
Zig Zag
Prep Turns
Choo Choo
Half Turns
Doubles
Body Rolls
Undulations
Side Rolls
Forward/Back Hip Sway