



| Cast number | Title | Skill Level | Topic | Description |
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| M1 | Posture | Bronze | Posture & Position | Posture is number one. It is difficult to co-ordinate and maintain all the other actions without it. We will explore three main components that work together to create a strong core with good alignment. |
| M2 | Knee strength in tabletop position | Silver | Strength & Flexibility | Flexing and straightening our knees is critical to movement. To improvement the flow of movement requires extra attention on how to control it. Learning to control it requires knee strength. This is a foundation exercise that will directly help knee pain experienced with lowering actions. |
| M3 | Rise and fall | Silver | Strength & Flexibility | Learn how to co-ordinate and control rise and fall with two simple actions. One minute of Waltz consists of 30 bars. That's 30 times we lower and rise. Every one of those bars will use this technique. |
| M4 | Rise and fall from sideways close | Silver | Movement & Timing | The rise and fall action is applied to sideways movements |
| M5 | Rise and fall with open foot position | Silver | Movement & Timing | The rise and fall action is applied to movements where the feet don't close (PP, CBMP and open foot positions) |
| M6 | Measuring step size | Silver | Strength & Flexibility | Exploring how big a step should be. This is different depending on the height of the body when the step is taken |
| M7 | Step action - Part 1 (Description) | Gold | Movement & Timing | An introduction to the four components of a forward and backward step |
| M8 | Step action - Part 2 (Blue / Power) | Gold | Movement & Timing | Exploring where power is created from for a driving step |
| M9 | Step action - Part 3 (Red / Motion) | Gold | Movement & Timing | Exploring what happens to the standing leg once it has finished driving |
| M10 | Step action - Part 4 (White / Softness) | Gold | Movement & Timing | Exploring how the free leg is placed for the next step |
| M11 | Step action - Part 5 (Blue / Absorb) | Gold | Movement & Timing | Exploring how body weight is received onto the new standing leg |
| M12 | Step action - Part 6 (Putting it all together) | Gold | Movement & Timing | Putting all the elements together for the step action |
| M13 | Rise and fall in a chasse | Gold | Movement & Timing | It seems like such a long journey for a simple chassé! Now we put all the elements learnt so far into one of the most basic and widely used figures |
| M14 | Advanced posture - Part 1 of 7 (Description) | Gold | Posture & Position | Have you ever been confused about how to connect towards your partner yet at the same time be moving away from them? The answer to this is tied into our dance posture. The structure of our dance posture is very similar to a woven basket. When the key elements are present and active, the body line feels woven between them, <u>holding it strongly (and yet stress free!) in place. For this to work, it helps to view these key elements as either in alignment to or in opposition to each other. From this...</u> |
| M15 | Advanced posture - Part 2 of 7 (Legs and hips) | Gold | Posture & Position | Following on from the advanced posture introduction, we delve into the legs and hips and how they relate to posture, our partner and our movement. |
| M16 | Advanced posture - Part 3 of 7 (Shoulders for posture) | Gold | Posture & Position | Following on from the advanced posture introduction, we delve into the complicated world of shoulders and how they relate to posture |
| M17 | Advanced posture - Part 4 of 7 (Shoulders for connection & movement) | Gold | Posture & Position | Following on from the advanced posture introduction, we delve into the complicated world of shoulders and how they relate to our partner and our movement. |
| M18 | Advanced posture - Part 5 of 7 (Arms) | Gold | Posture & Position | Following on from the advanced posture introduction, we delve into the arms and how they relate to our posture and our partner |
| M19 | Advanced posture - Part 6 of 7 (Strengthening) | Gold | Strength & Flexibility | Now we've built the ideas for posture, its time to start applying it to some strengthen exercises. These exercises are very closely related to what is needed during a performance. So when you get tired, distracted or interrupted, a disciplined practice routine will see you through to the end of your performance, otherwise the posture will fall apart and the connection to your partner will be lost. Sound familiar?! Poor flexibility means the posture muscles have to work overtime to maintain an active position. This could be due to age, a desk job or simply not knowing what to stretch. This cast will explore some great (and interesting!) ways to stretch those hard to reach muscles. When performed regularly, you will start to find relief of tightness and existing tension will start to disappear. |
| M20 | Advanced posture - Part 7 of 7 (Stretching) | Gold | Strength & Flexibility | |
| M21 | Lounge routine - Bronze Waltz | Bronze | Musicality & Performance | Learn a simple Waltz routine that will fit neatly in your lounge room. Learn the steps first. Secondly, think about and apply the principles of rise and fall. Finally, try it out to music. Once you have tried it a few times and are comfortable, add two rubber bands to additional train your upper body strength. Aim for 2 minute tracks! |
| M22 | Lounge routine - Silver Waltz | Silver | Musicality & Performance | Learn a more detailed Waltz routine that will fit neatly in your lounge room. Like the bronze version, learn the steps first. Secondly, think about and apply the principles of rise and fall. Third, with space permitting, try and extend the drive (except for the lilted whisk exit). Finally, try it out to music. Once you have tried it a few times and are comfortable, add two rubber bands to additional train your upper body strength. Aim for 2 minute tracks! |
| M23 | Quickstep hops and scatters - Part 1 of 5 (Hops) | Gold | Movement & Timing | Hops and scatters are fundamental to advanced quickstep. We begin this series by examining the hop action which can appear in woodpeckers, pendulums, scatter chasses, kick and rushes and more! |
| M24 | Quickstep hops and scatters - Part 2 of 5 (Scatters) | Gold | Movement & Timing | Hops and scatters are fundamental to advanced quickstep. We continue this series by examining the scatter action and how it differs from a normal chassé. |

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| M25 | Quickstep hops and scatters - Part 3 of 5 (Kick and rush) | Gold | Movement & Timing | Put together what you have learned about hops and scatters into this popular figure, called a kick and rush. |
| M26 | Quickstep hops and scatters - Part 4 of 5 (Hops and scatters exercise) | Gold | Movement & Timing Strength & Flexibility | It's time for some stamina and conditioning. Come and learn an excellent quickstep exercise composed of hops, pendulums, chasses and scatters. This can be done in a small space and ideally danced for 1:30 to 2:00. Try it in solo hold (with or without elastic bands) or with your partner (without contact). |
| M27 | Quickstep hops and scatters - Part 5 of 5 (Passing scatter) | Gold | Movement & Timing | Put together what you have learned about hops and scatters into this popular figure, called a passing scatter. |
| M28 | Rotation vs turn - Part 1 of 2 (rotation) | Silver | Movement & Timing | Knowing the difference between turn and rotation is very important for maintaining balance within the partnership. This cast investigates rotation. |
| M29 | Rotation vs turn - Part 2 of 2 (turn) | Silver | Movement & Timing | Knowing the difference between turn and rotation is very important for maintaining balance within the partnership. This cast investigates turn. |
| M30 | Outside parter and CMBP | Bronze | Movement & Timing | Learn about outside partner position and how to coordinate a side lead entry into CBMP (contra body movement position). |
| M31 | Workout - Legs, butt and thighs  | Bronze | Strength & Flexibility | It's time for strengthening and conditioning. This cast is a workout that targets the legs, butt and thighs. Walk through the exercises first before performing them to a four minute track. |
| M32 | Workout - Upper body  | Bronze | Strength & Flexibility | It's time for strengthening and conditioning. This cast is a workout that targets the upper back and arms. Walk through the exercises first before performing them to a four minute track. |
| M33 | Viennese Waltz Fleckle - Leads | Gold | Movement & Timing | The fleckels of the Viennese waltz certainly look tricky to dance. In this cast we break down the figure into its foot positions and timing. Specially, we will focus on the leads role. |
| M34 | Viennese Waltz Fleckle - Follows | Gold | Movement & Timing | The fleckels of the Viennese waltz certainly look tricky to dance. In this cast we break down the figure into its foot positions and timing. Specially, we will focus on the follows role. |
| M35 | Heel turns | Silver | Movement & Timing | Heel turns are an often feared step!!! But, fear not, with a simple break-down you can start to demystify and master this step that is part of the fabric of Foxtrot. |
| M36 | Reverse pivots | Gold | Movement & Timing | A reverse pivot is used as a connecting step between two other figures. While it might only take half a beat to dance, how it stitches these two figures together is very important. This cast will cover two simple components of the reverse pivot to help make this stitching smoother and more seamless. |
| M37 | Beginner Waltz - Leads | Bronze | Movement & Timing | Following along for a recap of the beginner Waltz routine from our social class. This is perfect to refresh your memory on what the steps were! This cast will look specifically at the leads role. |
| M38 | Beginner Waltz - Follows | Bronze | Movement & Timing | Following along for a recap of the beginner Waltz routine from our social class. This is perfect to refresh your memory on what the steps were! This cast will look specifically at the follows role. |
| M39 | Beginner Extension Waltz - Lead and Follow | Bronze | Movement & Timing | Following along for a recap of the extension to the beginner Waltz routine from our social class. This is perfect to refresh your memory on what the steps were! This cast will look specifically at the leads and follows role. |
| M40 | Beginner Extension Waltz - Whisk | Bronze | Movement & Timing | In this cast, we introduce a new step called the whisk. Learn to turn the beginner waltz routine at a corner by using a whisk. Both the leads and follows steps are covered. |
| M41 | Beginner Tango - Leads | Bronze | Movement & Timing | Following along for a recap of the beginner Tango routine from our social class. This is perfect to refresh your memory on what the steps were! This cast will look specifically at the leads role. |
| M42 | Beginner Tango - Follows | Bronze | Movement & Timing | Following along for a recap of the beginner Tango routine from our social class. This is perfect to refresh your memory on what the steps were! This cast will look specifically at the follows role. |
| M43 | Beginner Tango - Turning Corners | Bronze | Movement & Timing | In this cast, we introduce a new step called the back corte to help you turn the corner. Learn to turn the beginner Tango routine at a corner by adding two walks or using the back corte. Both the leads and follows steps are covered. |
| M44 | Lounge routine - Waltz open foot position  | Silver | Musicality & Performance | Apply rise and fall to a short routine you can dance in your lounge room. Watch the previous casts on rise and fall first. |
| M45 | Workout - Upper body  | Bronze | Strength & Flexibility | It's time for strengthening and conditioning. This cast is a workout that targets the upper back. Walk through the exercises first before performing them to a three minute track. |
| M46 | Lounge routine - Waltz open foot position with drive  | Silver | Musicality & Performance | Apply rise and fall to a short routine you can dance in your lounge room. Watch the previous casts on rise and fall first. This cast extends the routine in M44 by including a driving step. |