



The Rockin' Horse Dance Barn

11820 150th Ave SE, Renton, WA 98059

Introduction to Ballroom

Ballroom 1a:

Foxtrot

- Basic
- Promenade
- Rock Turn
 - Left
 - Right
- Sway Step
 - w/Underarm Turn
- Zig-Zag

Jitterbug

- Basic
- Throw-out & Return
- Lady's Inside Left Turn
 - w/Hand-Change
 - Fix the Hand
 - w/Lady's Left, Man's Right
 - Double Left Turn

Ballroom 1b:

Waltz

- Box Step
- Progressive Forward & Back
- Balance Steps
 - Forward
 - Back
 - Side
- Underarm Turn
- Balance Promenade
- Simple Twinkle
- Face to Face - Back to Back
- Triple Twinkle

Tango

- Basic
- Promenade
 - Regular
 - Turning Left
 - Turning Right
- Single Corté
- Double Corté