

DISK #1:

Blues Warmup

All levels. *Connecting movement to the music*

Basics-plus

Beginning / intermediate. *Basic movements & steps*

- High-low figure eights and shake it down
- Slow chasse
- Camel walk & variations
- Blues waltz

Beyond the Basics

Advanced. *Refining the details & understanding the music*

- Shake it down, with added turn
- Blues waltz: using sways to honor the triple
- Hesitations into throw-out, wheel-in, & leg-whip
- Ochos into 3-legged walk

DISK #2:

Blues Movement

All levels. *African rhythms & isolations, part 1*

Blues Movement

All levels. *African rhythms & isolations, part 2*

Putting it all together

Intermediate / advanced. *Combinations*

- Corte and turn
- Breakaway and rolling hip circle-around
- Pivot into flip-flop
- Follower wrap-up and hip roll

Extras, *Including numerous S&V demos*