

Disc #1:

Basics, part 1:

- Step-touch, step & sit
- Hesitations
- Inside turn to peek-a-boo
- Follower's walk out & return

Basics, part 2:

- Figure eights
- Cross-hand roll into dip

Intermediate:

- Roll & step, step & roll
- Drop it like it's hot
- Four corners
- Shake & bake with pivot

Movement for Blues: African isolations

Disc #2:

Intermediate / Advanced, part 1:

- Walks and hesitations
- Step-touch, hip circles, and lean
- Fishtail back
- Follower sassy turn and return

Intermediate / Advanced, part 2:

- Cross-hand walk with syncopation

Character Blues: Acting the part

Musicality: It's all about the music