

NVSC Dance Lessons -General Overview

Three types of classes are taught at NVSC, and all three classes are taught on each Wednesday night that the club meets. The three classes are:

- A) Beginner
- B) Novice
- C) Intermediate

After the first week of Beginner and in all other courses, each class starts with a brief warm-up period. Students are asked to “warm up” using the steps which were taught during the earlier weeks of the course. “Warm-up” is a very quick review of how to do a step which was taught earlier. To be fair to students already in the course, instructors can not teach the earlier steps to new arrivals. However, new students are welcome at any time, and can participate at their own skill level. If additional instructors or veteran dancers are on hand to help, efforts will be made to help new students catch up, either off to the side or after class.

1) Beginner Class. The Beginner class is open to both NVSC members and non-members. This is a 4-WEEK course. In Week 1, students are taught the Shag Basic Step, the Start and the Female Turn. During week 2, students “warm-up” using the Basic Step, Female Turn and Start, and they are taught the Half Turn, and the Male Turn. Weeks 3-4 consist of “warm-up” drills and additional beginner material such as the Kick Basic, Side Pass, Crossover Basic and Triple Basic

2) Novice Class. Students must be NVSC members to attend the Novice lessons. This is a 4-WEEK course. In Week 1, students “warm-up” using the Basic Step, Half Turn, & Male Turn, and they are taught the Double Kick Basic and the Applejack. In Week 2 students “warm-up” using the Crossover Basic, Female Turn & Male Turn, and they are taught the Behind Sailor Shuffle, and the Front Walk-Up. In Week 3, students “warm-up” using the Basic Step, Female Turn, & Side Pass, and they are taught the Hesitation Basic and Hug Pivot. In Week 4, students “warm-up” using the Basic Step, Half Turn and Hug Pivot, and they are taught the Pivot and the Tuck from Pivot.

3) Intermediate Class. Students must be NVSC members to attend the Intermediate lessons. This class is an 8-WEEK course. The material includes somewhat more advanced steps and technique, including the Boogie Walk, the Lean, the Belly Roll, the Sugarfoot and variations on the Basic and the Pivot. The classes “sort of” progress, but the material is organized so that students who miss a particular week will not be LOST the following week. Students are encouraged to take the Intermediate course (all 8 weeks) two or three times to get completely familiar with the steps.