

BYU Ballroom Dance International Program
Dance 184 Bronze Ballroom Sample Lesson Plan

Date	Dance	Lesson Content	Lesson Objectives
September 3	Waltz	• Introduction • Take Roll • Brief Course Overview Steps to Teach: • Timing for Waltz • Box Step	• Rise and fall • Introduction to footwork • No partners
September 5	Waltz	• Review Course Outline • Review previous material Steps to Teach: • 1-3 Natural Turn • Closed Change • Reverse Turn	• Posture • Alignments • Amount of turn • Movement & rotation • No partners
September 8	Waltz	• Review previous material Steps to Teach: • 1-3 Natural Turn • Closed Change • Reverse Turn	• Posture & frame • Closed position • Partners
September 10	Waltz	• Review previous material Steps to Teach: • Whisk • Chasse from PP	• Posture & frame • Promenade position
September 12	Waltz	• Review previous material Steps to Teach: • 1-3 Natural Turn • Back Whisk into Corner	• Posture & frame • Promenade position
September 15	Waltz	• Review previous material Steps to Teach: • Weave from PP • Chasse from PP	• Inside & outside turn • Movement & rotation

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Dance 184 Bronze Ballroom Sample Lesson Plan (cont.)

Date	Dance	Lesson Content	Lesson Objectives
September 17	Waltz	- Review previous material Steps to Teach: - Natural Spin Turn	- Pivot action for men - Brushing feet for women - Standing leg action - Weight placement
September 19	Waltz	- Review previous material Steps to Teach: 4-6 Reverse Turn - Closed Change - Begin Again	- Footwork - Use of ankles & feet
September 22	Waltz	- Review previous material - Prepare for video critique	- Footwork - Use of ankles & feet
September 24	Waltz	- Review previous material - Prepare for video critique	Posture & frame
September 26	Waltz	- Review previous material - Prepare for video critique	Movement
September 29	Waltz	Waltz video critique	- Give clear feedback - Positive comments - Constructive critique - Reinforce what has been taught in class
October 1	Waltz	- Review comments from video critique - Prepare for waltz exam	Gauge student understanding of video comments / respond to questions & concerns
October 3	Waltz	Prepare for waltz exam	Review any final issues
October 6	Waltz	Waltz exam	Film and give verbal feedback

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Date	Dance	Lesson Content	Lesson Objectives
October 8	Quickstep	•	•
October 10	Quickstep	•	•
October 13	Quickstep	•	•
October 15	Quickstep	•	•
October 17	Quickstep	•	•
October 20	Quickstep	•	•
October 22	Quickstep	•	•
October 24	Quickstep	•	•
October 27	Quickstep	•	•
October 29	Quickstep	•	•
October 31	Quickstep	•	•
November 3	Quickstep	• Quickstep video critique	• Film and give feedback
November 5	Quickstep	•	•
November 7	Quickstep	•	•
November 10	Quickstep	• Quickstep exam	• Film and give feedback

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Date	Dance	Lesson Content	Lesson Objectives
November 12	Waltz & Quickstep		• Prepare for Dancesport
November 14	No Class – BYU Dancesport Championships		
November 17	Waltz & Quickstep		• Prepare for Medals Exams • Prepare for Final Exam
November 19	Waltz & Quickstep		• Prepare for Medals Exams • Prepare for Final Exam
November 21	Waltz & Quickstep		• Prepare for Medals Exams • Prepare for Final Exam
November 24	Waltz & Quickstep		• Prepare for Medals Exams • Prepare for Final Exam
November 26	No Class – Thanksgiving Break		
November 28	No Class – Thanksgiving Break		
December 1	All	• Review for Medals Exams	• Review for Medals Exams
December 3	Medals Exams in Class		
December 5	Final Exam		
December 8	Final Exam		
December 10	Last Day of Class		