

BEGINNER BACHATA

INTERMEDIATE BACHATA

ADVANCE BACHATA

LEVEL 1: Steps 1-4

- 1) Basic In Place and Basic
- 2) Tap Step
- 3) Side Tap
- 4) Quarter Turn

- A) What is Home Position?
- B) Basic on the Ball of the Feet
- C) Finger Connection, Open Position, Handshake and Close Position
- D) High 5 Turn Position
- E) Understanding the Count

LEVEL 2: Steps 5-7

- 5) Spot Turn
- 6) Forward & Back Basic
- 7) Left and Right Turns

- F) Proper 90 Degree Angle Frame on all connections and turns
- G) Timing Recognition where the 1 beat is (Slow Music)
- H) Proper Size of Steps on Basic
- I) Turning Frame
- J) Firm Resistance Awareness

LEVEL 3: Steps 8-10

- 8) Forward and Back Half Turns (2 Variations)
- 9) Men's Face Away
- 10) Ladies Face Away

- K) Basic Arm Movement (Side To Side)
- L) Dance To Music (Proper Timing on 1 Slow Music 100% of Time)
- M) Dancing with firm resistance 100% of the time
- **MEN ONLY MUST KNOW BEGINNER**

COMBINATION # 1

- 1) Basic Step (step 1)
- 2) Forward and Back Basic (step 2)
- 3) Ladies Turn (Step 7, left and/or right, Step 8, 10)
- 4) Basics (Choose one or two Steps 3-6)
- 5) Men's Turn (Choose one Step 7 left and /or right,

Step 9)

REPEAT **ONCE**



BACHATA SYLLABUS

LEVEL 4: Steps 11-14

- 11) Forward Together Back Together
- 12) Side Pass (2 variations)
- 13) Basic in Place Close Position
- 14) Side to Side

- A) Proper Knee Action
- B) What is Hair Comb/ Loops
- C) Flexible resistance awareness
- D) Understanding how to use the torso on Turns

LEVEL 5: Steps 15-17

- 15) Outside Turns (Men and Lady)
- 16) Crossovers
- 17) Face Away Crossovers

- E) Knee Hip Connection for Movement
- F) Understanding Syncopation
- G) Dancing with flexible resistance 100% of the time
- H) Loop and Hair Comb Implementation on Dancing
- I) Closed Inner Thighs Traveling Turns (Ladies)
- J) Using Torso On Turns Always (Ladies)
- K) Hammerlock & Cradle Technique

LEVEL 6: Steps 18-20

- 18) Side Basic Spins
- 19) Body Rolls
- 20) Double Turns

- L) Torso Movement on Basic
- M) 100% Proper Form on Frames, Turns and Basic Figures
- N) Dancing Using Knee Hip, Arm Movement Connection
- O) Follow Steps Eyes Closed (ladies)

MEN MUST KNOW COMBINATION # 1

- 1) Basic Step (step 1)
- 2) Forward and Back Basic (step 2)
- 3) Ladies Turn (Step 7, 8, 10, 14-15, 17)
- 4) Basics (Steps 3-6, 11-13, 16)
- 5) Men's Turn (Step 7 left and /or right, 9, 15)
- 6) Intermediate Shines (choose 2)

REPEAT ONCE WITH DIFFERENT STEPS

LEVEL 6 INTERMEDIATE SHINES:

- 1) Cross Basic (forward and Back)
- 2) Syncopated Basic
- 3) Point Syncopated Basic
- 4) Shuffle Basic
- 5) Syncopated Tap Step
- 6) Syncopated Box Step
- 7) Hesitation
- 8) Grapevine
- 9) Double Side Tap

LEVEL 7: Steps 21-24

- 21) Crossover Basic (Forward & Back)
- 22) Walk Around Hammerlock
- 23) Double Turns (Hammerlock, Windmill)
- 24) Side Basic Double Turn

- A) Move From Standing Foot Technique
- B) Lead/Follow From the Body (body distance)
- C) Ladies Styling Technique on Turns: Hair Comb
- D) Feet Together on Turns (ladies close)
- E) Dance to fast tempo
- F) Spotting in all turns (Ladies)

LEVEL 8 (BACHATA SENSUAL): Steps 25-28

- 25) Basic Step with Body Roll
- 26) Circular Torso
- 27) Circular Hip
- 28) Lambada

- G) Body Movement on Basic (Torso Engagement)
- H) Core Engagement
- I) Ladies Styling Technique on Turns: Reverse Hair Comb
- J) Ribcage Movement: Side-To-Side, Circular, Scoop and Figure 8

LEVEL 9 (BACHATA SENSUAL): Steps 29-32

- 29) Hip Around w/ Knee Connection (Counter & Clockwise)
- 30) Drop
- 31) Backbend
- 32) Reverse Body Roll

- K) Leading Moves with Eyes Closed (men)
- L) Ladies Toe Engagement
- M) Ladies Styling Technique on Turns: Tracing
- N) Follow Steps Eyes Closed (ladies)
- O) Hip Movement: Side To Side, Circular, Scoop & Figure 8

■ MEN MUST KNOW COMBINATION # 3

- 1) Basic Step (step 1)
- 2) Forward and Back Basic (step 2)
- 3) Ladies Turn (Step 7, 8, 10, 14-15, 17, 22-24)
- 4) Basics (Steps 3-6, 11-13, 16,)
- 5) Men's Turn (Step 7 left and /or right, 9, 15)
- 6) BACHATA SENSUAL (Steps 25-32 Must do 2)
- 7) Intermediate Shines (choose 2)

REPEAT 2 TIMES W/ DIFFERENT STEPS (MUST USE 50% OF ADVANCE LEVEL STEPS)