

August 2008

Lake Mary

Mon	Tue	Wed	Thu	Fri	Sat
				1	2
				1:00 B2 Waltz Amalg. 2:30 B1 Foxtrot- Prom x 3 6:45 BB Cha Cha 7:30 B2 Salsa Amalg. 8:15 B3 W. Coast Amalg. 9:00 Practice Lesson	1:00 Iso/Stretch 2:30 B1 Rumba Part 1 of 2 (Open Break, UAT- Balance Connection/Footwork) 5:00 Practice Lesson @ Altamonte Springs
4	5	6	7	8	9
7:00 BB Hustle 7:45 B3 Salsa Amalg. 9:15 B4 DanceSport	6:15 B1 Waltz- Use of Feet 7:00 B2 Salsa Amalg. 7:45 BB Merengue 8:30 B3 Beg. Quickstep	6:45 B2 Mambo- Arm Check/Chase & Spin 7:30 BB Rumba 8:15 B4 V. Waltz- Combination Turns 9:00 Practice Lesson	1:45 BB Open 7:00 Iso/Stretch 7:45 B3 Cha Cha- Foot Placement 8:30 B1 Salsa Amalg. 8:30 B2 Tango- Flare Prom x 2	1:00 B2 Mambo- Prom Scallop x2 2:30 B1 Hustle Amalg 6:45 BB Foxtrot 7:30 B2 W. Coast Amalg. 8:15 B3 Rumba- Leglines/Foot Placement 9:00 Practice Lesson	1:00 Iso/Stretch 2:30 B1 Rumba Part 2 of 2 Amalg. (Open Break UAT) 5:00 Practice Lesson @ Altamonte Springs
11	12	13	14	15	16
7:00 BB Tango 7:45 B3 Foxtrot Amalg. 9:15 B4 Roll Through Motion Rumba	6:15 B1 Rumba Amalg 7:00 B2 Cha Cha- Change Step 7:45 BB Swing 8:30 B3 Beg. Paso Doble	6:45 B2 Hustle- Link & Throwout 7:30 BB Two Step 8:15 B4 Cha Cha- Swivels x2 9:00 Practice Lesson	1:45 BB Open 7:00 Iso/Stretch 7:45 B3 Tango Amalg.(El Abanico) 8:30 B1 Rumba Amalg. 8:30 B2 Samba- Paulista x 2 (Foot/Body Pos.)	1:00 B2 Mambo Amalg. 2:30 B1 Rumba- 5th Position brks. 6:45 BB Bachata 7:30 B2 W. Coast Amalg. 8:15 B3 Swing- Technique 9:00 Practice Lesson	1:00 Iso/Stretch 2:30 B1 W. Coast Swing Part 1 of 2 (Balance/ Contrabalance) 5:00 Practice Lesson @ Altamonte Springs
18	19	20	21	22	23
7:00 BB Foxtrot 7:45 B3 Bolero Amalg. 9:15 B4 DanceSport	6:15 B1 Salsa Amalg. 7:00 B2 Rumba- Adv. lead for Banquera Opening 7:45 BB Cha Cha 8:30 B3 V. Waltz Amalg	6:45 B2 Foxtrot- Lead in Junior/Senior Walks 7:30 BB Foxtrot 8:15 B4 Foxtrot Continuity 9:00 Practice Lesson	1:45 BB Open 7:00 Iso/Stretch 7:45 B3 Salsa Amalg. 8:30 B1 Foxtrot 8:30 B2 Cha Cha- Lead/ Ftwrk in Sweetheart x 2	1:00 B2 A. Tango Amalg. 2:30 B1 Waltz- L. Side by Sides 6:45 BB Salsa 7:30 B2 Waltz Amalg. 8:15 B3 W. Coast Amalg. 9:00 Practice Lesson	1:00 Iso/Stretch 2:30 B1 W. Coast Swing Part 2 of 2 (Amalg.) 5:00 Practice Lesson @ Altamonte Springs
25	26	27	28	29	30
7:00 BB Waltz 7:45 B3 Mambo Amalg. 9:15 B4 Foxtrot Flight	6:15 B1 Hustle Amalg. 7:00 B2 Swing- Traveling Basic 7:45 BB Rumba 8:30 B3 A. Tango Amalg.	6:45 B2 Tango- Foot/Body Position in La Puerta 7:30 BB Salsa 8:15 B4 Waltz- OpLB 9:00 Practice Lesson	1:45 BB Open 7:00 Iso/Stretch 7:45 B3 Bolero—Rise/Fall/ Leglines 8:30 B1 Trip Swing Amalg 8:30 B2 Salsa—Rhythm x 3	1:00 B2 W. Coast Amalg. 2:30 B1 Swing 6:15 BB Salsa 7:00 B2 Samba- 2-way Com Pasos x3 7:45 B3 Cha Cha- Triple Progressive 8:30 Raffle Party!	1:00 Iso/Stretch 2:30 B1 Salsa Amalg. 5:00 Practice Lesson @ Altamonte Springs