

S1: sessions designed

FIRST SESSION: individual

Music: sube la mano pa arriba (3min28s); saltando King Africa (3min37); Echame la culpa Luis Fonsi (3min30s); Una lluna al aigua (4min27s); Despacito (4min42s); Qué bonito es querer (4min34s).

First Section:

1. First beat:

- a. In four counts, walk forward; in four counts, stand on tiptoes.
- b. In four counts, walk backward; in four counts, stand on one leg.
- c. Same as the first.
- d. Same as the second but with the opposite leg.

2. Second beat:

- a. Four counts of lateral step touch, four counts of a quarter squat.
- b. Four counts of step touch returning to the starting point, four counts of a quarter squat.
- c. Same going forward.
- d. Same going backward.

3. Third beat:

- a. Eight counts for a four-pointed star (forward, side, back, opposite side).
- b. Same, returning to the starting point.
- c. Four-pointed star with the opposite foot.
- d. Same, returning to the starting point.

4. Fourth beat:

- a. Twists to the right.
- b. Twist forward.
- c. Twist to the left.
- d. Twist backward.

5. Fifth beat:

- a. Rock and roll with the right leg lifted to the right.

- b. Same to the left.
- c. Same while making a circle to the right.
- d. Same while turning to the left.

Second Section: Pairs

1. First beat:

- e. Holding hands with your partner, three lateral steps + lift one knee.
- f. Same to the other side.
- g. Forward + lift both knees.
- h. Backward + lift both knees.

2. Second beat:

- i. Squats facing your partner, moving up and down.
- j. Same but looking forward.
- k. Same with your backs against each other.
- l. Same with your back to the instructor.

3. Third beat:

- m. Balance while leaning forward with feet grounded, holding your partner's weight.
- n. Same with the other partner.
- o. Same while standing on one leg (dominant leg).
- p. Same with the other partner.

4. Fourth beat:

- q. Shoulder-to-shoulder balance, supporting your partner's weight.
- r. Same with the other partner.
- s. Same while lifting the leg furthest from your partner.
- t. Same with the other partner.

5. Fifth beat:

- u. Dance intertwined by the hands.
- v. Same, spinning on one leg.

- w. Touch your partner's feet.
- x. Dance intertwined by the hands again.

Third Section: Trios

Music: "Vivir Mi Vida" by Marc Anthony (4 min); "Music de Carrer" by Txarango (4 min 19 s); "Marcha, Marcha" (4 min 56 s); "Bésame" by David Bisbal (3 min 26 s); "Bailando Por Ahí" by Juan Magan (3 min); "Lloverá y Lloveré" by La Pegatina (2 min 57 s).

1. First beat:

- y. Conga, alternating leg raises with hands on the person in front.
- z. Same with one arm up and the other resting on your partner.
- aa. Same with the opposite arm.
- bb. Conga with three kicks from each leg.

2. Second beat:

- cc. Holding hands with arms extended in a triangle, do squats.
- dd. Same on one leg.
- ee. Same with the other leg.
- ff. One hand in the center (star position), changing every four counts.

3. Third beat:

- gg. Squats with backs pressed together.
- hh. Same, but when you reach the bottom, lift one leg.
- ii. Same with the other leg.
- jj. Squat, and at the bottom, push with your backs.

4. Fourth beat:

- kk. **Balance while holding hands in a triangle, extending one leg backward.**
- ll. **Hold for a count of seven, then return to the start.**

mm. Same with the other leg.

nn. Hold with the other leg and return.

5. Fifth beat:

oo. Dance while tapping feet in the center without holding hands.

pp. Same.

qq. Tap feet with the partners next to you, alternating feet.

rr. Same.

Fourth Section: Groups of Four

1. First beat:

ss. Sardana dance to one side, all holding hands.

tt. Hold with knees raised for a count of eight, arms up.

uu. Sardana dance to the other side.

vv. Hold with knees raised.

2. Second beat:

ww. Sardana with a quarter squat in four counts.

xx. Same to the other side.

yy. Sardana again with a squat on one leg.

zz. Same to the other side with the opposite leg in the squat.

3. Third beat:

aaa. Line formation, grabbing the opposite leg with the hand on the shoulder.

bbb. Same.

ccc. Change direction and grab the opposite leg.

ddd. Same.

4. Fourth beat:

eee. Twists in a circle while holding hands, moving around.

fff. Same in the opposite direction.

ggg. Twist on one leg in place.

hhh. Same with the other leg.

5. Fifth beat:

A line of companions clapping and raising their legs alternately, while each group takes turns dancing and improvising their own steps.