



Syllabus Bachata

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Some important info

Test in requirements

1. All moves and concepts mentioned in each level below will be tested during test-in to a higher level.
2. During test-ins, you will not only need to “know” the moves, but also exhibit a decent grasp on the concepts associated with executing the moves.

Legend

Move – All moves are core moves.

Move – Ctrl + Click to open the video demonstration/tutorial.

Level 1 - Bachata Basics

Moves

Solo

- Basic in place / Side / Forward / Turning / Half-time
- Break steps / Box step
- Inside turns (left and right)

Partner work

- Position 1 (open) and 2 (closed), and transitions
- Basic steps
- Inside turn (follow & leads), and variations
- Cuddle position (closed & open)

Concepts

Connection

1. Contact points and frame.
2. Positive and negative tension.
3. Eyes on the partner, not feet.

Steps

4. Weight transfer vs tap.
5. Push off the floor.
6. Use all basic steps socially.

Flow

7. Transition from basic-turn-basic.
8. Keep timing.

Level 2 - Core Steps & Movements

Moves

Solo

- Bass-line step / Cross-over step / Diagonal step (Madrid step)
- Cha-cha steps (on 1, 2, 3, 4)
- Body isolations

Partner work

- Outside turn, Hammer lock
- Around the world (180°/360°)
- Position 3 (Sensual) and shadow position.
- Simple isolations

Concepts

Connection

1. Leads initiate (and remove).
2. Follows complete (and keep).
3. Only connect as/till needed.

Steps

4. Basic hip and body movement.
5. Dynamic movement and styling.

Flow

6. Consecutive turns, no basics
7. Basic steps to different positions for isolations/waves and back.

Level 3 - Sensual Movements

Moves

Solo

- Syncopated steps
- Chest and hip circles
- Forward and lateral waves
- Neck / head rolls
- Cambre

Partner work

- Prep turn and Delayed (fast) turn
- Sensual movements and Dips
- Transition between (and out of) Sensual movements
- Intricate turns and combinations

Concepts

Connection

1. Leading, directing, and blocking.
2. Disconnections and follow's freedom.
3. Injury prevention

Steps

4. Derecho vs Majao vs Sensual.

Flow

5. Musicality.
6. Creating patterns.
7. Changing weight vs shape
8. Turns into Sensual movements.