

Basic 2 Lektionsübersicht



Lektion	Thematischer Schwerpunkt	Inhalt
1	Basic Figuren	<ul style="list-style-type: none">– Repetition Basics 1– Basic Turns– Basic Variations
2	Lead & Follow	<ul style="list-style-type: none">– Connection & Tension– Stretch & Counterpsotion– Highway- /JoJo- Figuren
3	Musikalität	<ul style="list-style-type: none">– Wiederholung Swing- Schema– Blues- Schema– 16- Count Breakfiguren (Boogie Back, ...)
4	Fusstechnik	<ul style="list-style-type: none">– Schliessen & Öffnen– Kick Ball Change– Einfache Platzhalter
5	8- Count Basic	<ul style="list-style-type: none">– 8- Count Basic– Swingout– Swingout Inside / Outside
6	Dips & Tricks, Lifts	<ul style="list-style-type: none">– Social Dance Knigge– Dips & Tricks– Lifts