

**Week 1****Monday:**

Time:	What:	Focus:	Type:	Success:
15	Exercises/Warm Up	Warm up routine	Im.P	
15	Open Smooth Waltz	Listening to the music - Dance through entire routine	P	
15	Triple Two	Arm styling in the <b>first</b> 30 seconds of routine	S.P	
15	Polka	Chaine Turns	S.P	

**Tuesday:**

Time:	What:	Focus:	Type:	Success:
15	Exercises/Warm Up	Warm up routine	Im.P	
15	Triple Two	Arm styling in the <b>middle</b> 30 seconds of routine	S.P	
15	Open Rhythm Cha Cha	Creating better rhythm in the <b>last</b> 30 seconds of routine	S.P	
15	East Coast Swing	Arm styling in the <b>first</b> 30 seconds of routine	S.P	

**Wednesday:**

Time:	What:	Focus:	Type:	Success:
15	Exercises/Warm Up	Warm up routine	Im.P	
15	Open Rhythm Cha Cha	Dance entire routine to music	P	
15	Night Club	Letting upper body flow from back movement in <b>first</b> 30 seconds of routine	S.P	
15	Open Smooth Waltz	Heel leads throughout entire routine	S.P	

**Thursday:**

Time:                      What:                      Focus:                      Type:    Success:

Time:	What:	Focus:	Type:	Success:
15	Exercises/Warm Up	Warm up routine	Im.P	
15	West Coast Swing	Listening to the music throughout out the entire dance	P	
15	Polka	Using back movement to create flow in the <b>last</b> 30 seconds	S.P	
15	East Coast Swing	Arm styling in the <b>last</b> 30 seconds of routine	S.P	