

SESSION 1 – BALBOA 1 – GET HEP STUDIO – VALERIE & GREG

WEEK 1: Basic footwork – hold LF forward, hold RF back

Holds on 3 & 7

WEEK 2: “BA DA BA DA BA DA UGH”

Forward basic – do twice to get back to ‘regular’ hold pattern

Backward basic – do twice to get back to ‘regular’ hold pattern

Combinations – forward & backward

WEEK 3: Crabwalks or Left & Rights

WEEK 4: Paddle turns

WEEK 5: Break time turn (come around from closed)

Crossovers