

New, Free UCWDC® Syllabus Videos

The UCWDC® Directors and I are very proud to announce the creation of two (2) new, entry level divisions for Couples, ProAm and Line Dance and a complete, free, downloadable video teaching syllabus for all eight (8) Worlds Couples and ProAm dances. A UCWDC® Line Dance Video Dictionary of Steps and Choreographic Elements is also planned for release this year.

UCWDC Website

<http://www.ucwdcworlds.com/>

Syllabus Website

<http://ucwdc.org/index.php?q=en/node/318>

New 2009 UCWDC® Divisional Skill Level Structure

Line Dance Couples ProAm Advanced I Advanced Intermediate II Intermediate

Novice III Novice Newcomer IV Newcomer Starter B V Starter B Starter A VI Starter A

These new syllabi are intended to help all Country Western Dance enthusiasts, students and teachers learn to dance, or improve their skills in, and knowledge of all our Worlds dances. It is the first step in our Vision 2012 focused on turning all dance forms, including Line Dance and Country Western Dance into recognized Olympic Sports.

The entire UCWDC® is committed to helping every School, College and University around the world start or extend their physical education program by including Line Dance and Country Western Dance in their curricula by providing free video study aids as well as free dance instruction classes for their instructors.

I want to personally thank all those who made these videos possible. The three Masters Couples who volunteered to demonstrate the patterns for you: Rex & Rachel Jones, Albert & Antoinette Tailleir and Rowdy Dufrene & Maryanne Harvey. Those who helped create the syllabus: Jeff Bartholomew, Kathi Bittner, Sue Boyd, Mark Bradburn, Mona Brandt, Melissa Culbertson, Dave Getty, Kelly Gellette, Rachel Jones, Rex Jones, Judy McDonald, Clive Stevens, Brigitte Zerah and myself. The UCWDC® members who helped direct this video: Jeff Bartholomew (thanks for your advice, too!), Kathi Bittner, and Kelly Gellette. And Rex and Rachel Jones for their time, editing expertise, and hospitality. Rex edited this video for you on his computer; there was so much video he had to take everything else off to make it fit! Thanks, Rex!

Finally, I thank all the Rules Committee members for their continuing work: Sam Arvidson, Jeff Bartholomew, Kathi Bittner, Sue Boyd, Mona Brandt, Barry Durand, Dave Getty, Tony Lee, Judy McDonald, J.P. Oster, and Bill Robinson.

I hope you notice we've been paying attention to widely differing requests. We listen to each of you and carefully discuss each suggestion, continually working to improve our sport and attract new people to our Country Western dance family. We hope you'll share this syllabus with friends who have never experienced Country Western Dance. Click on the link to the 2009 Rules Overview to see a list of rules changes and clarifications, and the syllabus outline.

Have a fabulous 2009 Dance Season, and, as always, have fun dancing!

Beth Emerson

UCWDC® Vice President, Rules

P.S. Click the link to download each syllabus. Be patient, they're large files.

The UCWDC® owns and protects the copyrights to every pattern in the syllabus videos. However, anyone who acknowledges and credits the UCWDC® for their use, is welcome to download and use these materials free of charge in order to promote good, authentic American Style Country Western Dance and Line Dance around the world. Volunteers to help teach Educator Dance Classes at nearby schools are most welcome. Apply to the UCWDC® Office.

Syllabus

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Saturday, January 31, 2009 - 19:21

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Syllabus Videos for Division VI

[Triple Two](#)

[Polka](#)

[Nightclub](#)

[Cha Cha](#)

[Waltz](#)

[Two Step](#)

[East Coast Swing](#)

[West Coast Swing](#)

***** Syllabus Outline for Division VI and Starter A *****

*** Two Step

1. Forward Basic
2. Transition from Forward Line to Back Line
3. Transition from Back Line to Forward Line
4. Lady's Right Turn to Promenade
5. Lady's Left Turn to Wrap and Throwout to Closed

*** Waltz

1. Box
2. Progressive Waltz Step or Change Step
3. Left Box Turn with $\frac{1}{4}$ Turns
4. Change Step to Right Box Turn with $\frac{1}{4}$ Turns
5. Box with $\frac{3}{8}$ Turns
 - a. Left Box Turn with Change Step
 - b. Right Box Turn with Change Step

*** East Coast Swing

1. Basic
2. Throwout and Return to Closed
3. Tuck Turn
4. Open Basic
 - a. One Hand
 - b. Two Hand
5. Lady's Left Underarm Turn
 - a. To Closed
 - b. To Open

*** West Coast Swing

1. Starter Step
2. Starter Step to Throwout
3. Sugarpush

4. Side Passes
 - a. Right Side Pass
 - b. Left Side Pass
5. Push Tuck

*** NightClub

1. Side Basic
2. Promenade Passes
 - a. Left Promenade Pass
 - b. Right Promenade Pass
3. Promenade Passes with Lady's Turns
 - a. Left Promenade Pass with Lady's Left Turn
 - b. Right Promenade Pass with Lady's Right Turn
4. Circular (Walk Around) Turn

*** Cha Cha

1. Side Basic
2. Lady's Right (Walk Around) Turn
3. Crossover Breaks
 - a. To Closed
 - b. With Lady's Right Turn Ending
4. Promenade Back Breaks
5. Parallel Breaks

*** Triple Two

1. Standard Closed
2. Flair to Promenade
3. Lady's Flair
4. Turning Loops
 - a. Right Turning Loop
 - b. Left Turning Loop
5. Man's Flair

*** Polka

1. Basic
2. Open to Promenade
3. Chassés
 - a. To Back Line of Dance
 - b. To Forward Line of Dance
4. Patty Cake
5. Chassé with Lady's Right Underarm Turn to Closed

***** Syllabus Outline for Division V and Starter B *****

Syllabus Videos for Division V

[Triple Two](#)

[Polka](#)

[Nightclub](#)

[Cha Cha](#)

[Waltz](#)

[Two Step](#)

[East Coast Swing](#)

[West Coast Swing](#)

*** Two Step

1. Lady's Right Turn to Back Line of Dance
2. Chassés
 - a. To Forward Line of Dance
 - b. To Back Line of Dance
3. Patty Cake Vine
4. Lady's Left Turns
 - a. To Back Line of Dance
 - b. Forward Line Turn to Facing Partner
5. Weaves
 - a. Check Weave - b. Cut Weave - c. Cross Weave

*** Waltz

1. Left Box Turn with Lady's Right Underarm Turn
2. Left Box Turn with Lady's Left Underarm Turn
3. Pattycakes to Single Twinkle
4. Simple Twinkle
5. Closed Serpentine

*** East Coast Swing

1. Belt Loop
 - a. With Hand Change
 - b. Without Hand Change
2. Push Tuck
 - a. Crossed Handed: Right to Right
 - b. Same Handed
3. Open Parallel Reverse or Pinwheel
4. She Goes, He Goes
5. Wrap

*** West Coast Swing

1. Whips
 - a. Closed Whip
 - b. Locked Whip
2. Whips with Lady's Right Turn
 - a. Closed
 - b. Locked
3. Left Side Pass with Lady's Left Turn
4. Reverse to Closed

*** NightClub

1. Sliding Doors with Lady's Right Turn Ending
2. Diamond Toss Across
3. Paired Walk Around
4. Marché with Man's Underarm Turn

*** Cha Cha

1. Open Break
2. Walk around turn
3. Cross Body Lead
4. Back Spot turn
5. Simple Paseo

*** Triple Two

1. Turning Loops with Lady's Turns
 - a. Right with Lady's Right Turn
 - b. Left with Lady's Left Turn
2. Lady's Turns To Back Promenade
 - a. Lady's Right Turn
 - b. Lady's Left Turn
3. Check weave
4. Cross weave

*** Polka

1. Rotating Basic
2. Lady's Right Underarm Turn to Back Line of Dance
3. Check Weave
4. Cross Weave