

Swingin' Sundays

Review Card : Beginning Balboa

#	Name	Counts	Holds	Notes
1	Basic	8	Up 3 Up 7	Closer!
2	Long Beach Break	8	Down 3 Up 4 Up 7	Use hips
3	Transition	8	Up 3, down 7	Pivot 4, Rock 5
4	Cross Overs	8	Down 3, Down 7	Guys Cross, Girls Step Side
5	Come Around into throwout	8	Down 3, Kick 7	Guys: Side Behind Side, Behind side Kick, Girls: Behind Side Cross, side behind kick
6	Inside Turn to Break	4	Down 3	Spin 3 and prep left hand for outside turn
8	Outside Turn	4	Kick 7	Push from back and hand on 5
9	Freespin Inside	4	Tap 3	Get Hand Rdy
10	Freespin Outside to Elbow Catch	4	Kick 7	Keep hand close to her back then flip it
11	Inside turn to break turn	8	Down 3, up 7	Collect her
12	Back Paddles	12	Down 3 at end	Make small circle
13	Ba Dam Bum (Transition)	4	Down 7	Push early
14	Break Turn into Pop Turn	8	Down 3 Kick 7	Ladies give arm tension for pop
15	Break Turn into Twist Bal	8	Down 3 Down 7	Twist her in with heel of hand
16	Twist Bal	12	Down 3 Down 7	Ladies Twist, guys lead it
17	Slide (Stop on 8 of music)	4	Down 5	Big step to right
18	Break Turn	8	Down 3 up 7	Rock on 1 to prep
19	Crab Walks Right	8	Steps 1-7	Keep leading foot under you.
18	Crab Walks Left	8	Steps 1-7	Start Forward guys right.