

# BAY AREA WHIP DANCE CLUB

## WHIP CLASS SYLLABUS

<u>Level I – 7:30</u>	<u>Level II – 8:30</u>	<u>Level III – 7:30</u>	<u>Level IV – 8:30</u>
<i>WARM-UP &amp; DEMO</i>	<i>WARM-UP</i>	<i>WARM-UP</i>	<i>WARM-UP</i>
<u>connection w/each pattern</u>	<u>REVIEW LEVEL I</u> <u>connection w/each pattern</u>	<u>REVIEW LEVEL II</u> <u>connection w/each pattern</u>	<u>REVIEW LEVELS III</u> <u>connection w/each patte</u>
6 count basic step/Sugar Push	sugar tuck / block-off	reverse whip	<i>Dewey</i>
right side pass/underarm turn	2 arm turn in w/right side pass	right side pass to closed position w/catch bump	(closed & open position) Dallas side pass / throw c
left side pass	basket Whip	double resistance technique	Whip w/dbl. outside spi
1 arm turn in	Whip step	left spinning side pass	2 arm single-double
right side pass to closed position w/tuck turn	Whip w/inside turn	right spinning side pass	basket Whip w/spin & rev
basic starting step w/tuck turn	Whip w/outside turn	basket Whip w/natural spin w/right side pass	‘catch bump’ w/dbl inside
check	Whip w/inside turn to closed position w/tuck turn	1 arm single-double	“Chase” Whip w/rock & & tuck turn
<i>Bay Area Whip Dance Club</i> <i>PO Box 1196</i> <i>League City TX 77574-1196</i> <i>281 485-5133</i> <i>(president, Bryan Fore)</i> <i>www.bawdc.org</i>	hook step	Whip w/waist wrap	Sugar Push w/rock & g & tuck turn
	(exit w/basket Whip)		
	arm weave (exit w/basket Whip)		