

Bachata

Havana Club *MUSIC*

Basics - 1 רמה



Basic Steps Open Position Close Position Basic Turn
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Beginners - 2 רמה

1 - Turns Turn To Close Position Lady Turns Slow Turn	2 - Traditional Box Step Side Taps Open
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Intermediate - 3 רמה



1 - Turns & Style Lady & Man Turns Despelote Throw Hands & Turn	2 - Wraps Basic Wrap Wrap + Walk to Style Double Wrap	3 - Open Open to Walk Open to Tap Open to 4 Step	4 - Close Position Slide & Drop Forward-Back Basic Dip
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Medio - 4 רמה

1 - Waves Body Rolls Slide + Body Roll Wrap + Body Rolls	2 - Shadow Position Rhythm Change Shadow Gentleman Shadow Slide	3 - Sensual Basics Forward-Back & Lift Pressure Turn Full Dip	4 - Head Roll Head Roll Turn & Head Roll Wrap & Head Roll	5 - Quick Turns Quick Turns Hammerlock Double Hammerlock	6 - Special Turns Turns & Loops Windmill Walk with Style	7 - Quick Steps Side & Double Step Triple Step Quick Steps
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Advanced - 5 רמה

1 Advanced Quick Turn Back Hand Toss Quick Turn + Head Roll	2 Lift to S.P. Double Turn Shadow Man to Lady	3 Wrap & Go Around Self Wrap & Go Around Wrap & Side Dip	4 Wrap & Crosses Wave or Break Bass & Waves	5 Walk & Waves Wave & Back Dip Twist & Wave	6 Forward Dip Wrap & Forward Dip Wrap & Head Roll
7 Swivel & Reverse Reverse Spins Sensual Swivel	8 4 Step & Break Shadow Breaks Shadow 4 Step	9 Ribcage Movement Upper Lift LIFO Breaks	10 Side Waves Rollercoaster Rounded Dip	11 Throw to Hammerlock Desplote Lead Pendulum	12 Back Head Roll Pressure & Head Roll Plank Dip



Master Level - 7 רמה / Advanced+ - 6 רמה

מיטב הווריאציות של מדריכנו ברמה מתקדמת וגבוהה

Havana Bachata
הוואנה קלאב Havana Club

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התכנית השבועית מתפרסמת באתר
www.HavanaClub.co.il

* השיעורים בכל רמה אינם תלויים זה בזה