TUESDAYS
6:15P-7:15P
STUDIO II

KIZ FUSION 101 SYLLABI BREAKDOWN

LATISHA HARDY
DON'T JUST DANCE EXPERIENCE

GRACE OWINO

A INTRODUCTION

9/2/2025 WEEK ONE: HISTORY, CULTURE, MUSIC, TIMING, AND BASIC INTRO
9/9/2025 WEEK TWO: BASIC INTRO REVIEW + PARTNERWORK
9/16/2025 WEEK THREE: LEAD & FOLLOW SAIDA
9/23/2025 WEEK FOUR: CHICKEN WING/WALKING SIDE BY SIDE
9/30/2025 WEEK FIVE: SAIDA VARIATIONS

B SIDE POSITION WORK

10/7/2025 WEEK ONE: ESCALERA OR CRUZADO
10/14/2025 WEEK TWO: ESCALERA OR CRUZADO REVIEW
10/21/2025 WEEK THREE: BLOCKS
10/28/2025 WEEK FOUR: BLOCKS & ESCALERA OR CRUZADO VARIATIONS
11/4/2025 WEEK FIVE: PUTTING IT ALL TOGETHER

C ADVANCED FOOTWORK

11/11/2025 WEEK ONE: CHA CHA STEP & RETROCESSO
11/18/2025 WEEK TWO: CHA CHA STEP & RETROCESSO VARIATIONS
11/25/2025 WEEK THREE: GIRO
12/2/2025 WEEK FOUR: GIRO VARIATIONS

D INTRO TO URBAN KIZ

12/9/2025 WEEK ONE: INTRO TO URBAN KIZ
12/16/2025 WEEK TWO: URBAN KIZ SAIDA
12/23/2025 WEEK THREE: URBAN KIZ VARIATIONS & TIMING
12/30/2025 WEEK FOUR: OPEN MOVEMENTS

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KIZ FUSION SYLLABI BREAKDOWN

CLASS DESCRIPTION

COURSE PREREQUISITE

BEGINNER FRIENDLY

COURSE INSTRUCTOR

GRACE OWINO

FOUNDATIONAL CONCEPTS DEFINED

Provides a deeper understanding of the following concepts in 1) Body Movement and how to apply to partnerwork 2) Timing (Quick Quick Slow) and 3) Weight Changes

COURSE EXPECTATIONS

Students are asked to attend as many sessions as possible. We expect you to maintain respectful behavior aligned with the code of conduct, maintain safe practices, active listening, and consent participation.

WORD BANK

INTRODUCTION				
Timing	Musicality	Weight Shifts	Frame	
Core Kizomba Steps				
Basic 1	Basic 2 (Pasada Básica)	Basic 3	Retrocesso (Leader Back Step)	Balancé (Side Sway)
Lead Saida	Follow Saida	Virgula (Comma Step)	Estrela (Star Step)	Passada (Walking Step)
Urban Kiz/Fusion Elements				
Syncopated Step | Cha Cha	Lane Switch | Track Change	Frame Open ("Chicken Wing")		Shadow Position | Mirror Position
Contratempo (Off-Beat Footwork)	Pivots | Quarter Turns	Blocks	Tarraxo | Tarraxa (Isolations)	Slide Step
Spins		Grapevine		