MAMBO FUNDAMENTALS 201 (102)SYLLABI BREAKDOWN

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

LATISHA HARDY

LATISHA HARDY DON'T JUST DANCE EXPERIENCE

A

HISTORY, CULTURE, MUSIC, BASICS

4/15/2025	WEEK ONE: HISTORY, CULTURE, BASICS
4/22/2025	WEEK TWO: MUSIC, TIMING, CLOCKWORK, BASICS
4/29/2025	WEEK THREE: RIGHT & LEFT TURN
5/6/2025	WEEK FOUR: REVIEW

B

LOWER BODY

5/13/2025	WEEK ONE: LOWER BODY; CLOCKWORK
5/20/2025	WEEK TWO: LOWER BODY; DOWN HIP
5/27/2025	WEEK THREE: LOWER BODY
6/3/2025	WEEK FOUR: LOWER BODY

C

PIVOTS & SPINS

6/10/2025	WEEK ONE: INTERNAL/EXTERNAL PIVOTS & ROTATIONS, RIGHT & LEFT TURNS
6/17/2025	WEEK TWO: SINGLE LEG PIVOTS
6/24/2025	WEEK THREE: PORTLAND TWIST, HOT TOE INTO SWING STEP
7/1/2025	WEEK FOUR: PIVOTS & SPINS
7/8/2025	WEEK FIVE: PUTTING IT TOGETHER

D

UPPER BODY

7/15/2025	WEEK ONE: UPPER BODY; SHOULDER ROLLS & LAT ENGAGEMENT
7/22/2025	WEEK TWO: UPPER BODY
7/29/2025	WEEK THREE: UPPER BODY
8/5/2025	WEEK FOUR: UPPER BODY
8/12/2025	WEEK FIVE: UPPER BODY

E

UPPER & LOWER BODY COMBINATION

8/19/2025	WEEK ONE: UPPER & LOWER BODY COMBO
8/26/2025	WEEK TWO: UPPER & LOWER BODY COMBO
9/2/2025	WEEK THREE: UPPER & LOWER BODY COMBO
9/9/2025	WEEK FOUR: PUTTING IT ALL TOGETHER

F

SHINES

9/16/2025	WEEK ONE: BASIC SHINES
9/23/2025	WEEK TWO: BASIC SHINES
9/30/2025	WEEK THREE: BASIC SHINES
10/7/2025	WEEK FOUR: PUTTING IT ALL TOGETHER

719.619.9125 | ADMIN@LATISHAHARDY.COM | WWW.LATISHAHARDY.COM

MAMBO FUNDAMENTALS SYLLABI BREAKDOWN

CLASS DESCRIPTION

COURSE PREREQUISITE

6 MONTHS OF CLASSES

COURSE INSTRUCTOR

LATISHA HARDY

FOOTWORK DEFINED

Provides a deeper understanding of the following concepts in Footwork: 1) Body Movement and how to apply to partnerwork 2) Timing (Quick Quick Slow) 3) Weight Changes 4) Shines: Suzie Q, Hook Step, Hot Toe, Swing Step, Twists

COURSE EXPECTATIONS

Students are asked to attend as many sessions as possible. If you miss sessions, you are expected to collect make-up work and/or book privates to stay up-to-date on progressive material.

WORD BANK

INTRODUCTION				
Timing	Conga Rhytms	Clave Rhythms	Musicality	
FOOTWORK/SHINES				
Right Turn	Left Turn	Susie Q/Sync	Hook Step	Hot Toe
Swing Step	Twists/Variations	Grapevine	Reverse Grapevine	Crossovers
Kicks	Sync Kicks	Spiral	Flares/Sync Flares	Reverse Walks
Double Front Cross	Mambo Taps	Cuban/Rumble		Sailor Step
Hunt's Point	Rumba Step	**Son**	Right/Left Turn	Hook Step
Cha Cha Cha	**Spins**	Spin Drill	Hook Turns	Double Right Turns
Brandon Ayala Spin Drill		Left Turn Spin Drill		