

CLASS DESCRIPTION

COURSE PREREQUISITE

3 MONTHS OF CLASSES

COURSE INSTRUCTOR

DIANE CELESTIN

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

PARTNERWORK DEFINED

Provides a deeper understanding the following concepts in Partnerwork:

- 1) Hand-Holds
- 2) Connection (Creating stability in leads and relaxation and listening in follows arms)
- 3) Basic & Side Basic
- 4) Left & Right Turns
- 5) Cross Body Lead
- 6) Reverse Cross Body Lead
- 7) Cross Body Lead Inside Turn
- 8) Open/Back Breaks
- 9) Bridge
- 10) Catwalk
- 11) Copas
- 12) Outside Turns

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 Rhythms	Clave Rhythms	Musicality	
FOOTWORK/SHINES				
Right Turn	Left Turn	Suzie Q	Hook Step	Hot Toe
Swing Step		Twists		
FOOTWORK LINKED TO PARTNERWORK				
Cross Body Lead	Inside Turn	Body Movement w/ Partnerwork		Tracing
PARTNERWORK CONCEPTS				
Inside Turns	Posture	Open/Back Breaks	Bridge	Catwalk
Copas		Outside Turns		



MAMBO FUNDAMENTALS 201 SYLLABI BREAKDOWN

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



LATISHA HARDY



A

HISTORY, CULTURE, MUSIC, BASICS

- 10/14/2025 WEEK ONE: HISTORY, CULTURE, BASICS
- 10/21/2025 WEEK TWO: MUSIC, TIMING, CLOCKWORK, BASICS
- 10/28/2025 WEEK THREE: RIGHT & LEFT TURN
- 11/4/2025 WEEK FOUR: REVIEW

B

LOWER BODY

- 11/1/2025 WEEK ONE: LOWER BODY; CLOCKWORK
- 11/8/2025 WEEK TWO: LOWER BODY; DOWN HIP
- 11/25/2025 WEEK THREE: LOWER BODY
- 12/2/2025 WEEK FOUR: LOWER BODY

C

UPPER BODY

- 12/9/2025 WEEK ONE: UPPER BODY; SHOULDER ROLLS & LAT ENGAGEMENT
- 12/16/2025 WEEK TWO: UPPER BODY
- 12/23/2025 WEEK THREE: UPPER BODY
- 12/30/2025 WEEK FOUR: UPPER BODY

D

PIVOTS & SPINS

- 1/6/2026 WEEK ONE: INTERNAL/EXTERNAL PIVOTS & ROTATIONS, RIGHT & LEFT TURNS
- 1/13/2026 WEEK TWO: SINGLE LEG PIVOTS
- 1/20/2026 WEEK THREE: PORTLAND TWIST, HOT TOE INTO SWING STEP
- 1/27/2026 WEEK FOUR: PIVOTS & SPINS
- 2/3/2026 WEEK FIVE: PUTTING IT TOGETHER

E

UPPER & LOWER BODY COMBINATION

- 2/10/2026 WEEK ONE: UPPER & LOWER BODY COMBO
- 2/17/2026 WEEK TWO: UPPER & LOWER BODY COMBO
- 2/24/2026 WEEK THREE: UPPER & LOWER BODY COMBO
- 3/6/2026 WEEK FOUR: PUTTING IT ALL TOGETHER

F

SHINES

- 3/10/2026 WEEK ONE: SHINES COMBINATIONS
- 3/17/2026 WEEK TWO: SHINES COMBINATIONS
- 3/24/2026 WEEK THREE: SHINES COMBINATIONS
- 3/31/2026 WEEK FOUR: SHINES COMBINATIONS
- 4/7/2026 WEEK FOUR: SHINES COMBINATIONS