

# MAMBO 102/103 SYLLABI BREAKDOWN

## 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 4) Copa & 11) 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 1**



**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**

11/11/2025 WEEK ONE: LOWER BODY; CLOCKWORK  
11/18/2025 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