

MAMBO FUNDAMENTALS 201 SYLLABI BREAKDOWN

**TUESDAYS
6:15P-7:15P
STUDIO 1**



LATISHA HARDY



A

HISTORY, CULTURE, MUSIC, BASICS

- 4/14/2026 WEEK ONE: HISTORY, CULTURE, BASICS
- 4/21/2026 WEEK TWO: MUSIC, TIMING, CLOCKWORK, BASICS
- 4/28/2026 WEEK THREE: RIGHT & LEFT TURN
- 5/5/2026 WEEK FOUR: REVIEW

B

LOWER BODY

- 5/12/2026 WEEK ONE: LOWER BODY; CLOCKWORK
- 5/19/2026 WEEK TWO: LOWER BODY; DOWN HIP
- 5/26/2026 WEEK THREE: LOWER BODY
- 6/2/2026 WEEK FOUR: LOWER BODY

C

UPPER BODY

- 6/9/2026 WEEK ONE: UPPER BODY; SHOULDER ROLLS & LAT ENGAGEMENT
- 6/16/2026 WEEK TWO: UPPER BODY
- 6/23/2026 WEEK THREE: UPPER BODY
- 6/30/2026 WEEK FOUR: UPPER BODY

D

PIVOTS & SPINS

- 7/7/2026 WEEK ONE: INTERNAL/EXTERNAL PIVOTS & ROTATIONS, RIGHT & LEFT TURNS
- 7/14/2026 WEEK TWO: SINGLE LEG PIVOTS
- 7/21/2026 WEEK THREE: PORTLAND TWIST, HOT TOE INTO SWING STEP
- 7/28/2026 WEEK FOUR: PIVOTS & SPINS
- 8/4/2026 WEEK FIVE: PUTTING IT TOGETHER

E

UPPER & LOWER BODY COMBINATION

- 8/11/2026 WEEK ONE: UPPER & LOWER BODY COMBO
- 8/18/2026 WEEK TWO: UPPER & LOWER BODY COMBO
- 8/25/2026 WEEK THREE: UPPER & LOWER BODY COMBO
- 9/1/2026 WEEK FOUR: PUTTING IT ALL TOGETHER

F

SHINES

- 9/8/2026 WEEK ONE: SHINES COMBINATIONS
- 9/15/2026 WEEK TWO: SHINES COMBINATIONS
- 9/22/2026 WEEK THREE: SHINES COMBINATIONS
- 9/29/2026 WEEK FOUR: SHINES COMBINATIONS
- 10/6/2026 WEEK FIVE: SHINES COMBINATIONS

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 Rhythms	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		