

# Downtown Blues Syllabus

*Blues Dance Drop-in classes*  
by Marta Martinho

## Level 1 - Where the Blues begins

	Term 1 - Basics
Part 1 - Basics and Connection	Term 2 - Connection positions
Part 2 - Musicality and style	Term 3 - Musical structure
	Term 4 - Blues styles

## Part 1 - Basics and Connection

### Term 1 - Basics

1. Basic Connection: Basic steps and moving around the room with a dance partner
2. Inside Turn: A basic turn where the follow rotates towards the left
3. Outside Turn: A basic turn where the follow rotates towards the right
4. Skips and Endings: Skip steps and a slide ending

### Term 2 - Connection Positions

1. Embrace Connection: Lead and Follow are connected with their bodies against each other
2. Step Through: A step that is created through a rotation in the connection
3. Open Connection: Exploring the freedom of an open connection
4. Connection Transitions: Learning different ways to move from one to another positions of connection

## Part 2 - Musicality and Style

### Term 3 - Musical Structure

1. 8 bar Blues: A Blues structure that consists in 4 x 8 counts. This is a solo class.
2. 12 bar Blues: A Blues structure that consists in 6 x 8 counts. Learning to dance to this structure
3. Slow - Slower: Learning how to dance to slow and very slow Blues
4. Fast - Faster: Learning how to dance to fast and very fast Blues

### Term 4 - Blues Styles

1. Delta Blues: The origins of the Blues music
2. Chicago Blues: When Blues used electrified instruments got a very different feel
3. Jazzy Blues: Basics of Ballrooming Blues
4. Latin Blues: How to still dance Blues when the Latin rhythms come in Blues music