



Polyball Crash Course

Course concept (6h) - Revision 2 (Dez 2022)

Useful information as teacher

- Partner Changes: Strongly encouraged, but please explain the participants why we are doing it.
- There are many participants, you won't have time to give a lot of individual feedback.
- Find a way to get everyone's attention without exhausting your voice.
- As always: be respectful, provide a welcoming atmosphere
- First priority is fun and moving to the music, technique is less important for these crash courses.
- It is advisable to create a WhatsApp group for the participants (send link via email or QR code in course) and send videos of the steps, additional information, Spotify link to Stefan Ricklis music data base or further dance events (Freies Tanzen, Social Dance Evening).

Useful tips for the participants

You are invited to share the following tips and tricks with the participants of the course.

- It's not just about dancing, there is food, drinks, shows, concerts, tombolas, having good conversations, meeting random people, etc.
- In case you want to dance all night, you should take care of your feet (comfortable shoes with slippery sole, sit somewhere in between). You can also take a pair of comfy sneakers and leave them at the wardrobe, then you can change to those shoes if your feet are tired. Test out your "Polyball-Shoes" in the dance course to make sure you can dance in them ;)
- Don't be afraid to dance in the busy crowd, don't be afraid when someone asks you for a dance, invite others to dance.
- When standard dances, such as English or Viennese waltz, quickstep or tango are played, people want to move on the dance floor, so in case you don't want to do that, it is best to go to the center of the dance floor, because it is stationary.
- Please leave the dance floor if you are not dancing, e.g. when you just wanna chat.
- The best time to dance is between 7pm-9pm, after that the dance floors get crowded. From 3.30 am - 5 am dancing is possible again.
- At the beginning of Polyball there are crash courses on site, no registration is mandatory.



Course Content

Please teach all figures marked in **bold**. We put down some suggestions in *italic*. You are welcome to teach them as well. Please do not teach figures that are not mentioned below.

Cha Cha

- **Closed Basic**
- **New York**
- **Hand to Hand**
- *Follower Underarm Turn*
- *Shoulder to Shoulder*
- *Open Basic*
- *Spot Turns*

English Waltz

- **Box Step** - Natural & Reverse
- **Natural Turn**
- *Reverse Turn*
- *Pattern: Natural, Closed Change, Reverse, Closed Change*

Jive

- **Basic Step**
- **Change of Place** - Right to Left & Left to Right
- *Change of Hands Behind the Back*
- *Hip Bump*
- *Fallaway Throwaway*

Disco Fox

- **Basic Step**
Mention all variations (SSQQ vs. Tap, forward/back vs. sideways)
Teach only one
- **Change of Places**
- **Turning**
- *Change of Hands Behind the Back*
- *Basket*
- *Rolling off the Arms*