

## Sample Dance Lesson Syllabus or Plan

(Your logo and contact information here)

**Lesson 1:** [Hokey Pokey](#). It's really fun. Boys can wear lederhosen or kilts instead of pink skirts.

**Lesson 2:** Waltz [Twinkle](#) step. Don't twinkle too much or your partner might need to wear sunglasses.

**Lesson 3:** [Cha Cha Slide](#).

**Lesson 4:** [Shim Sham](#). Good to know at Lindy Hop events.

**Lesson 5:** [This really cool Blues dip](#) (notice how the link jumps right to the dip in the video, saving the student viewing time)

**Lesson 6:** Lindy Hop [Minnie Dip](#)

**Lesson 7:** Balboa "[The Dream](#)" move

**Lesson 8:** [Norwegian Halling](#). This might take a little practice.

**Lesson 9:** [West Coast Swing cuddle variations](#)

. . . and so on.

For more precision, tables can also be used like this:

### Rueda Calls

Spanish Name	English Translation	Description
<a href="#">Dile Que No</a>	Say No	Cross-body lead
<a href="#">Enchufla</a>	Plug in	Dancers change positions via an under-arm turn

For help writing your dance lesson syllabi and plans and otherwise helping your dance instruction practice thrive, contact:

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