

**Tango Class Syllabus:** The outline below lists the elements covered during each class session of each week of the tango intervention. Three different music CDs were used for 4 weeks each within the 12 week intervention. Two additional classes were offered in the week following the end of the intervention for participants who needed to make up classes to achieve the minimum number of classes for inclusion. These classes provided review of material, but did not introduce new material.

**1.1 – Elements of Walking 1 [CD 1]**

- o Warm up
- o Walking in line of dance
- o Incremental step increase
- o Practice hold
- o Walking in couples
- o Walking in couples with partner change
- o Tango Embrace
- o Walking in couples
- o Rock-step

**1.2 – Elements of Walking 2 [CD 1]**

- o Warm up
- o Walking in line of dance
- o Incremental step increase
- o Tango Embrace

- o Walking in couples
- o Walking in couples with partner change
- o Sidesteps
- o Sidesteps with partner change
- o Rock-step
- o Rock-step with partner change
- o Side rock-step
- o Side rock-step with partner change
- o Multidirectional rock-step
- o Multidirectional rock-step
- o Free dance

## **2.1 – Rock-steps 1 [CD 1]**

- o Warm-up
- o Walking
- o Walking in couples
- o Walking in couples with partner change
- o Rock-step
- o Side rock-step
- o Multidirectional rock-step
- o Multidirectional rock-step with partner change
- o Circular rock-steps

## **2.2 – Rock-steps 2 [CD 1]**

- o Warm-up
- o Walking
- o Rock-step
- o Rock-step with partner change
- o Sidesteps with partner change
- o Multidirectional rock-step
- o Circular rock-step
- o Sidesteps
- o Sidestep + rock to outside (open side)

## **3.1 – Cross-System [CD 1]**

- o Warm-up
- o Walking
- o Walking in couples
- o Walking + 1 step to outside (open side, cross body)
- o Sidesteps
- o Sidestep + weight change into cross system
- o Sidestep + weight change + forward step into cross-system
- o Sidestep + weigh change + walking in cross-system

## **3.2 – Cross-System Sandwich 1 [CD 1]**

- o Warm-up with planeos

- o Walking with speed variations
- o Walking in couples
- o Sidesteps
- o Cross-system to left
- o Cross-system to right
- o Cross-system to sandwich
- o Trouble-shooting sandwich (making room for follower, etc.)
- o Introduction to embellishments

#### **4.1 – Cross-System Sandwich 2 [CD 1]**

- o Warm-up with planeos
- o Walking with speed variation
- o Walking in couples
- o Sidesteps
- o Sidesteps with leader going past follower (displaced embrace)
- o Sidestep with weight change + foot forward (cross-system)
- o Cross-system sandwich
- o Embellishments

#### **4.2 – Modified Giro 1 [CD 1]**

- o Warm-up with planeos
- o Walking with speed variation
- o Walking in couples

- o Sidesteps
- o Sidestep with leader going past follower (displaced embrace)
- o Sidestep + cross-body rock-step
- o Introduce giro
- o Grapevine in circle
- o Modified giro 1-3 (side, back, side)
- o Modified giro (side, back, side, front)

### **5.1 – Modified Giro 2 [CD 2]**

- o Warm-up
- o Walking with speed variation
- o Walking in couples
- o Walk + sidestep + rock-step to outside
- o Walk + sidestep + rock-step to outside with partner change
- o Walking + modified giro 1-3 (side, back, side)
- o Walking + Modified giro
- o Free dance

### **5.2 – Sandwiches, Drags, Catches 1 [CD 2]**

- o Warm-up with planeos
- o Walking
- o Walking in couples
- o Walking + 1 sidestep

- o Sidestep to sandwich
- o Sidestep to sandwich + follower's forward step around
- o Drag
- o Catch
- o Free dance
- o Embellishments
- o Free dance

### **6.1 – Modified Giro into Sandwich [CD 2]**

- o Warm-up with planeos (without weight changes)
- o Walking
- o Walking in couples
- o Walking in couples with partner change
- o Sandwich
- o Walking with role reversal
- o Sidestep + rock-step to outside (open side, cross body)
- o Modified giro
- o Modified giro to sandwich
- o Sandwich + drag + sandwich (in circle around follower's axis)

### **6.2 – Sandwiches, Drags, Catches 2 [CD 2]**

- o Warm-up with planeos
- o Walking with speed variation + emphasis on arrival

- o Walking in couples (emphasis on arrival)
- o Walking with role reversal
- o Sidestep + sandwich
- o Sidestep + sandwich/catch + drag
- o Promenade (salida americana) in cross-system

### **7.1 – Cross system Promenade [CD 2]**

- o Warm-up with planeos
- o Walking with speed variation (turn out feet slightly)
- o Walking in couples
- o Walking in couples with role reversal
- o Sidestep + promenade – practice embrace modification
- o Entry into cross-system promenade
- o Exiting cross-system promenade
- o Cross-system promenade + weave
- o Free dance

### **7.2 – Underarm Turn 1 [CD 2]**

- o Warm-up with planeos
- o Walking with speed variation
- o Walking in couples
- o Walking in couples with role reversal
- o Sidestep with follower opening (lead)

- o Underarm turn
- o Underarm turn vs. promenade
- o Weigh changes in promenade

### **8.1 – Underarm Turn 2 [CD 2]**

- o Warm-up with planeos
- o Walking
- o Walking in couples
- o Walking in couples with role reversal
- o Walking individually + weigh changes (1, 2, 3 AND 4)
- o Sidesteps
- o Sidesteps with opening
- o Underarm turn
- o Multi-directional rock-step + underarm turn
- o Multi-direction rock-step (rock-step not side)
- o Rock-step to outside (open side, cross body)

### **8.2 – Cross 1 [CD 2]**

- o Warm-up with planeos
- o Walking
- o Walking in couples
- o Walking in couples with role reversal
- o Walking with 1 step to the outside (open side, cross body)



- o Walking with 1 step to the outside (closed side, cross body)
- o Group cross
- o Walking + 2 steps to the outside = cross
- o Cross vs. 1 step to the outside
- o Free dance

### **9.1 – Cross 2 [CD 3]**

- o Warm-up with planeos
- o Walking
- o Walking in couples
- o Walking in couples with role reversal
- o Walking with 1 step to the outside (open side, cross body)
- o Walking with 1 step to the outside (closed side, cross body)
- o Group cross
- o Walking + 2 steps to the outside = cross
- o Cross vs. 1 step to the outside
- o Multiple crosses
- o Free dance

### **9.2 – Modified Giro into Cross [CD 3]**

- o Warm-up with planeos
- o Walking with speed variation
- o Walking in couples

- o Walking in couples with role reversal
- o Practice cross
- o Review modified giro
- o Modified giro + cross system cross
- o Free dance

### **10.1 – Ocho Cortado 1 [CD 3]**

- o Warm-up with planeos
- o Walking
- o Walking in couples
- o Walking in couples with role reversal
- o Walking to outside
- o Cross
- o Group rock-step forward + back step (follower to outside)
- o Rock-step forward + backstep + follower's backstep
- o Ocho cortado

### **10.2 – Ocho Cortado 2 [CD 3]**

- o Warm-up with planeos
- o Walking
- o Walking in couples
- o Walking in couples with role reversal
- o Walking to outside

- o Cross
- o Group rock-step forward + back step (follower to outside)
- o Rock-step forward + backstep + follower's backstep
- o Ocho cortado

### **11.1 – Ocho Cortado 3 [CD 3]**

- o Warm-up with planeos
- o Walking
- o Walking in couples
- o Walking in couples with role reversal
- o Walking to outside
- o Cross
- o Group rock-step forward + back step (follower to outside)
- o Rock-step forward + backstep + follower's backstep
- o Ocho cortado
- o Cross + Ocho cortado

### **11.2 – Modified Giro into Ocho Cortado [CD 3]**

- o Warm-up with planeos and sweep
- o Walking
- o Walking in couples
- o Walking in couples with role reversal
- o Sidestep + rock-step to outside (open side, cross body)

- o Modified giro
- o Forward rock-step + back step to outside (closed side, cross body)
- o Back step to outside (without rock-step)
- o Ocho cortado
- o Modified giro + back step
- o Modified giro + ocho cortado

### **12.1 – Sacadas 1 [CD 3]**

- o Warm-up with planeos
- o Walking with speed variation
- o Walking in couples
- o Walking in couples with role reversal
- o Sidesteps
- o Sidesteps + weigh change to cross-system (closed side)
- o Sidestep + 1 back ocho (closed side)
- o Sidestep + cross-system sacada (closed side)
- o Sidestep + cross-system sacada + promenade

### **12.2 – Sacadas 2 [CD 3]**

- o Warm-up with planeo
- o Walking
- o Walking in couples
- o Walking in couples with role reversal

- o Cross
- o Sacadas in giro

### **13.1 – Musicality, Review 1 [CD 4\*] (For make-up classes)**

- o Warm-up
- o Walking
- o Walking in couples
- o Walking in couples with role reversal
- o Listen to a little of three songs and ask for description
- o Song by song, ask for a step
- o Slow – Sandwich, catch, drag
- o Circular – Modified giro
- o Sharp – Cross
- o Focus free dance with reviewed steps

### **13.2 – Review 2 [CD 3] (For make-up classes)**

- o Warm-up
- o Walking
- o Walking in couples
- o Walking in couples with role reversal
- o Sacada
- o Sacada + promenade
- o Ocho cortado

- o Modified giro

**Stretching Class Exercises:** Each stretching class was composed of the gentle stretching exercises listed below. The instructors selected stretches from this battery each week, and not all exercises were done in each class session.

**Warm up:** 3 deep breaths, side twists (2 to each side), hip circles (left and right), knee circles (left and right), stand on right foot and feel weight, shift to left foot. Walk around chairs three times in circle.

Remember to sit up straight and breathe. If it hurts, don't do it.

**Sitting:**

- Sit with feet flat and hands on lap, sit up as straight as possible. Deep breath in and exhale. Hold your core tight. Repeat. Hold posture for 30 seconds.
- Squeeze shoulder blades together backwards, hold; squeeze together frontwards, hold. Complete 3 times.
- Twist in chair to right, hold for 30 seconds; twist to left, hold for 30 seconds. Complete 3 times on each side.
- Lower back stretch with hands on lower back and lean back. Hold for 30 seconds. Complete 3 times.
- Put hands together in front of you and hold, raise hands over head and hold. Complete 5 times.
- Extend one leg out with foot flexed and bend forward over it, placing hands on leg. Complete 3 times for each side, hold for 30 seconds.

- Keep left foot on the floor. Lift right foot onto left thigh. Gently lean forward. Hold for 30 seconds. Complete 3 times on each side.
- With your hands clasped behind your head, bend your head forward until you feel a stretch behind your neck. Gently pull your head further forward. Hold for 30 seconds. Complete 3 times.
- Tilt your head toward one shoulder until you feel the stretch on the opposite side. Using your hand gently pull your head further to the side. Hold for 30 seconds. Complete times on each side.
- Turn your head to one side until you feel a stretch. Using your hand gently push your head further around. Hold for 30 seconds. Complete 3 times on each side.
- Roll shoulders forward slowly 10 times. Roll backwards slowly 10 times.
- Sit with your legs apart. Bend your head and trunk down between your knees rounding your upper body as much as possible. Hold for 30 seconds. Return to sitting slowly. Complete 3 times.
- Lift one arm with your elbow bent. Hold your elbow with the other hand and push it back. Bend your upper body to the side. Breathe in, then breathe out and increase the stretch. Hold for 30 seconds. Complete 3 times on each side.
- Lift one arm. Bend to the opposite side with your arm reaching over your head. Breathe in, then breathe out and return to the starting position. Hold for 30 seconds. Complete 3 times on each side.
- Cross your arms across your chest. Push your shoulders down while rotating the upper trunk in the opposite direction. During the exercise, straighten your upper trunk



fully and let your eyes follow the movement. Breathe in during the exercise. Hold for 30 seconds. Complete 3 times on each side.

- One partner sits with arms out, the other partner stands behind and gently pulls arms back and holds for 30 seconds. Complete 3 times. Switch partners.
- Open arms, arch your back, curl and hug yourself. Repeat, switching which arm is on top. Complete 3 times on each side.
- Sit with your hands behind your back. Move your shoulders back. Breathe in and straighten your upper body. Breathe out and relax. Repeat with breathing cycles for 30 seconds. Complete 3 times.
- Wrist circles with fingers interlaced for 10 seconds.
- Hold one arm out in front of you (palms down). Let your hand drop down. Gently assist the movement with your other hand. Hold for 30 seconds. Complete 3 times on each hand.
- Hold one arm out in front of you (palms down). Hold the fingers of the hand to be stretched. Gently extend the wrist/fingers until you feel the stretching at the inside of the forearm. Keep your elbows straight. Hold for 30 seconds. Complete 3 times on each hand.
- Bend one arm behind your back with palm facing out. Hold for 30 seconds. Complete 3 times on each side.
- Place one leg in front of the other with your knee slightly bent. Lean forward, keeping your back straight. Hold for 30 seconds. Complete 3 times on each side.
- Knee circles. Repeat 5 times on each side.
- Ankle circles. Repeat 5 times on each side.

- Heel on ground, point and flex toes, 5 times with both feet.

### **Standing with Support:**

- Stand up straight with back against wall, have partner push shoulders backward into the wall and hold for 30 seconds. Complete 2 times.
- Stretch hands up wall as high as you can. Hold for 30 seconds. Complete 3 times.
- Hold on to side rails of a treadmill. With heel on the ground, flex one foot with toes on treadmill. Hold for 30 seconds. Complete 3 times on each side.
- Hold on to the back of your chair. Round your back and bend forward keeping your head and shoulders relaxed. Hands can stay on chair back or move to chair seat. Hold for 30 seconds. Complete 3 times on each side.
- Stand with legs astride and straight. Bend one leg and put your hands on the knee. Bend your leg even more and put more weight on the leg. You will feel stretching on the inside of the thigh on the straight leg. Hold for 30 seconds. Complete 3 times on each side.
- Hold on to the back of your chair and stand in a walking position with the leg to be stretched straight behind you. Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold for 30 seconds. Complete 3 times on each side.
- Hold on to the back of your chair and stand in a walking position with the leg to be stretched straight behind you. Bend the leg to be stretched and let the weight of your body stretch your calf without lifting the heel off the floor. Hold for 30 seconds. Complete 3 times on each side.