

Big Island Ballroom Dance Club

Our Mission

...to promote physical and mental well-being by providing lessons in ballroom dancing at nominal cost to the community in a safe and wholesome environment

...to raise funds to assist in maintenance and improvements of facilities used and

...to participate in community activities throughout the area to broaden the public's awareness and enjoyment of ballroom dancing.



a 501c3 non-profit educational organization founded in 2007

Fees

Annual membership \$15
\$6 for 10 week session

* Anyone interested in viewing our dance classes are invited to attend one free lesson

*** Consult with your doctor before engaging in this activity**

BIBDC
P O Box 5442
Hilo, Hawaii 96720
bigislanddance@gmail.com

President: TBD

Wed Class:

Oct 7

Oct 14

Oct 21

Oct 28

Nov 4 Pupu-Social-Elections NA

Nov 11

Nov 18

Nov 25

Dec 2

Thu Practice:

Oct 8

Oct 15

Oct 22

Oct 29

Nov 12

Nov 19

Nov 26

Dec 3

Dec 5 Christmas Dance

- Practice is held at Clem Akina Park in Puueo
- **Note that class/practice dates and times and the syllabus are subject to change!**

- Pupu-Socials are an extension of our dance program and are for registered members or special guests

- Classes are an adult activity—no children
- Dress Code—no shorts, slippers or tank tops

CHRISTMAS DANCE

December 5, Saturday 5:30-10:00 PM

Aunty Sally's Luau Hale—Hilo

Cost: TBA

Shall We
Dance?

2015 Fall Session

**Big Island
Ballroom Dance
Club**

**Oct 7 - Dec 2
7:00—9:10 pm**

Church of the Holy Cross
Multipurpose Room
440 W Lanikaula Street

Hilo, Hawaii

WEST COAST SWING

Wyatt and Lorna

1. Triple rhythm breaks w anchor
Left side pass
2. Underarm pass
Underarm pass w hand change
3. Right side pass w hand change
Right side pass—continuous
4. Starter step w throw out
5. Underarm pass w cut off
6. Push break
7. Lazy man tuck



Count

&a1 &a2 ... &a8

TANGO

Les and Hiroko

1. Basic
Basic circular
2. Promenade (left turn)
3. Reverse turn
4. Promenade quick link
5. Corte
6. Double corte
7. Outside swivels
8. Promenade twist turn



Count

Combinations of Qs & Ss

NC₂S II

Wayne and Michelle

1. Inside underarm turn
2. Underarm turn and ladies spin
3. Through the window
4. Opposition and travel to the right
5. Push spin
6. Crisscross and underarm turn



Count

1 and 2 3 and 4