

- Cool Cats Workshops - Introductory Kick-Step Rock 'n' Roll

Introduction to Kickstep R'n'R (~1.5hrs)

Kick-Step	Basics	Variation
~30min	Basic Footwork; U/A Turn and Return; Basic Link	Clockwise Rotation; Turning Link
~30min	Cuddle & Roll-Out	Rotation through Cuddle & Roll-Out; Roll-In
~30min	Open & Closed Spins	2Hand Closed Spin; LH Open Spin
~15min	Routine & Practice	

This workshop assumes some prior experience with a basic 6-beat Rock 'n' Roll style. Reduced content or additional time should be allocated for workshops where a large percentage of the students may be new to dancing.

Routine:

- Basic x 2
- Under-Arm Turn & Return
- Cuddle & Roll-Out
- Under-Arm Turn & Return
- Closed Spin; Open Spin
 - -OR- 2Hand Spin, LH Spin
- Link or Turning Link

Optional rotation may be employed throughout.

Rock 'n' Roll

- Cool Cats Workshops - Progressive Kick-Step Rock 'n' Roll

Intermediate/Advanced Kickstep R'n'R (~1.5hrs)

Kick-Step	Intermediate	Advanced
~30min	Opening Out; Pass BtB v2.0	Sugar Roll
~30min	Drag Walks	Sliding Doors
~30min	Concertinas	Concertina Spin(s)
~15min	Routine & Practice	

*Time allowing

This workshop assumes prior experience with a basic 6-beat Rock 'n' Roll style, preferably Kick-Step. Reduced content or additional time should be allocated for workshops where a large percentage of the students are new to the style.

Routine:

- Basic
- U/A Turn
- Return → Opening Out
- Pass BtB v2.0
 - optional Sugar Roll
- Drag Walks
- U/A Turn; Return
 - optional Sliding Doors exit
- Concertinas
 - optional Spin exit
- U/A Turn; Return; Link
- Repeat*