

Private Lesson Journal

Date: _____

Coach: _____

Location: _____

Dances worked on

☐ Waltz ☐ Tango ☐ Viennese Waltz ☐ Slow Foxtrot ☐ Quickstep

Principles discussed

☐ Posture & hold ☐ Spatial movement ☐ Rotation, turn & positions
☐ Sway & lateral shift ☐ Extension & sagittal inclination ☐ Shape
☐ Leading & contact ☐ Tango principles

Main topics of the lesson

Most important corrections

Exercises and training tasks

Additional notes
