



Bachata-Merengue-Salsa
WES BALBOA LINDY
Samba/Rumba HISTORIC
SWING GOLTZEGIATTE STRAG

SAT., NOV 2

BALBOA For Lindy Hoppers

with Yurina Shin

1:30p-3:30p

Have you always wanted to learn balboa but have no time to commit to weekly classes? If so, then this one day class is for you! Lindy hoppers will learn new moves, concepts, and techniques inspired by Balboa and Bal-Swing.

Level: Intermediate and up

Pricing: \$35 In Advance/\$45 Day Of

Hustle For Intermediate Dancers

with Robert Vance

3:00p-6:00p

In this workshop, you will be introduced to turn technique and 'the Egyptian', and rhythm changes such as double syncopations. Exciting turn patterns will be taught such as Sliding Door variations, the 'Las Vegas', Hand Drops, 6 count Reverse Whip, Chasse, Sweatheart, High Rope, and the Diva Walk. Intro to leg and foot technique, lead & follow, and weight carriage will be introduced to make for a more smooth and slick style.

- Req: knowledge of basic hustle, counting, 3 count and 6 count turns.
- For those who have taken previous workshops, material covered not always the same, as material listed can't be covered in 3 hr session.

Level: Intermediate

Pricing: \$45 in advance / \$55 day of

SUN., NOV 3

Swing Intro to Swing Outs and 8 Count Patterns

with Stephanie Shapiro

1:30p-3:30p

This workshop will introduce you to the swing out, lindy circle, and other 8-count patterns. Must be comfortable with triple steps.

Level: Adv. Beg/Pre-Int

Pricing: \$35 In Advance/\$45 Day Of

SAT., NOV 9

West Coast Swing Fun Patterns for the Social Dance Floor

with Sophie Cazeneuve

12:00p-2:00p

In this workshop, you will learn a few moves where you can give room within your partnership to groove and shine to the music. Sophie will also be covering the basic concepts of musicality, and the tools you will need to start looking like you are not just dancing, but dancing to the music. Learn how to have fun and let your creativity shine.

Level: Intermediate and up

Pricing: \$35 In Advance/ \$45 Day Of

Samba/Rumba Moving Dance vs Stationary Dance

with Sophie Cazeneuve and Christian Berens

2:00p-4:00p

In this workshop, you will learn the difference between these dances not just in the body and the music, but also the way we move on the floor. The main focus of this workshop will actually be Samba. Through a routine, Christian and Sophie will help you build your understanding of Samba to look natural and at ease on the social floor.

Level: Intermediate

Pricing: \$40 In Advance/ \$50 Day Of

SUN., NOV 10

Bachata-Merengue-Salsa Beyond the Basics

with Ricardo Torres

2:30p-5:30p

This workshop is for those who already know a few basics in these dances and want to learn a few more patterns to add to their dance experience. As we all know, its not just the patterns that make up a good dancer, but the proper technique and lead/follow skills. Ricardo will add these elements as well so you will feel more confident on the dance floor.

Level: Adv Beg +

Pricing: \$45 In Advance/ \$55 Day Of



412 Eighth Ave. at 31st, Near Penn Station (Press "#6 plus Call button" for Entry)
To register call: 212-244-0011 or go online to: www.YouShouldBeDancing.NYC

SAT., NOV 16

BALBOA WORKSHOPS

*With Special Guest Instructor **Luis Arredondo**
(founder of Lindy Hop Revolution in Toronto)
and our very own **Jennifer Barnett***

SESSION 1: Maximize Your Out and Ins

12:30p-2:30p In BalSwing's original heyday, the out and in was considered a basic that could be used much more versatility than we use it today. Come learn how to expand your use of out and ins to increase the variety and flow in your dancing.

Level: Intermediate and up

SESSION 2: Laminu

2:45p-3:45p Slow Bal is a beautiful dance with Dean's Basic as the most common foundational pattern. But the Laminu is an important part of Slow Balboa and gives a whole new flavor to the dance as a basic. Come see what this hidden gem can add to your slow Bal.

ALL LEVELS: No Pre-req

SESSION 3: Balboa at the Edge

4:00p-6:00p Balboa is known as a dance that can be enjoyed at fast tempos, and we can help you push your limit. For those dancers already very comfortable dancing at 200 bmp, we'll explore the techniques that allow you to reach 300 bmp songs like White Heat.

Level: Advance

Pricing:

\$80 for all 3 sessions In Advance/ \$95 Day Of

\$45 For 2 sessions only (1&2 or 2&3) In Advance/ \$55 Day Of

\$40 for 1 part only (session 1 or 3)

SUN., NOV 17

COLLEGIATE SHAG *The Next Level*

with Paolo Lanna

4:00p-6:00p The Next Level of Collegiate Shag is for those who want to further develop their style for the social dance floor. This wildly fun dance with its unique hopping basic and fancy kicks make it a top choice for those looking to stand out from the crowd. We'll revisit the fundamentals like the Hop Basic, Chug Basic, Truckin' but then we up the ante with patterns from Skip To My Lou to The Sailor Carry.

Level: Must have taken a prior collegiate shag crash course or equivalent.

Pricing: \$35 In Advance/ \$45 Day Of



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SAT., NOV 23

LINDY HOP: CONNECTION INSPECTION

with Bobby White

1:00p-4:00p

This class will be a dissection, inspection, and correction of Lindy Hop connection with the goal of perfection. We're talking a three-hour deep-dive in the fundamentals of stretching, compression, rising and falling, basing and moving. We'll focus on anatomy and physics, making sure dancers are making comfortable, healthy choices for their bodies and effective choices for their momentum. This workshop will also tackle the different ways great dancers have designed their dancing to make this thing called Lindy Hop happen to show the range of choices that are possible.

Level: Intermediates and Inter/Adv

Pricing: \$45 In Advance/\$55 Day Of

HUSTLE

Ladies Styling & Leaders Technique with Robert Vance

with Robert Vance

4:00p-6:00p

Hustle is one of those dances with lots of arm styling, turns, and fast movement. Leaders- learn how to lead all those impressive steps with clarity and precision to make your follower look good. Followers-learn what to do with your arms to make you look confident and impressive, as well as making all those other moves seem effortless and looking sharp.

Level: Open

Pricing: \$35 In Advance / \$45 Day Of

SUN., NOV 24

Swing Crash Course

with Elena Ianucci and Rachel McMullin

12:00p-3:30p

Come learn to swing dance in a day. This workshop, led by expert instructors, introduces you to the style of Swing that was born in Harlem during the late 1920s and 30s. We will cover partnering, rhythm and lead-follow techniques. The focus will be on 6-count patterns perfect for Big Band swing music! This crash course is great for both newcomers and those looking for a refresher! No partner necessary – everyone will rotate partners and make new friends throughout the day!

Level: Beginner

Pricing: \$45 in advance/ \$55 day of

SAT., NOV 30

Hustle Crash Course

with Robert Vance

3:00p-6:00p

In this crash course you will become familiarized with the basics of Hustle so that you can get up and join in on all the fun with the hustle crowd. The basic rhythm, inside or underarm turns for both partners, cross body lead, the 3 basic wrap turns, and the popular N.Y. Walk will be covered. Participants will learn what a half turn, full turn, and a turn and a half is, and when each is used. Basic arm styling will be covered and a routine will be taught that can be transferred right to the dance floor. Have a great time while learning just how much fun this dance can be to do!

Level: Beginner

Pricing: \$45 in advance/\$55 day of

SUN., DEC 1

BALBOA TRIPLES

with Laura Chieko

12:00p-2:00p

Want to give your balboa basic some pizzazz? Triple steps are a great way to add more rhythmic variety to your balboa. They are especially good for followers to express their voice without interrupting their partner. We'll cover the basic rhythms of the two different triple steps in balboa.

Level: Adv Beginner (pre-requisite: 2+ mo. of beg. balboa)

Pricing: \$35 In advance/ \$45 Day Of



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