

**Two Special Workshops  
Sunday March 1st  
with Guest Instructor  
Kevin St Laurent  
Partnering with  
Adrienne Weidert  
& Rafal Pustelny**

**Don't miss this rare 4 hour workshop day  
with Kevin St Laurent while he visits NYC!**

**12:30-2:30**

**SWITCHING IT UP** with Kevin & Rafal

Level: Open to experienced Lindy hoppers. No previous switch experience necessary.

All the best Lindy hoppers know how to lead and follow. Switch dancing is the ability to alternate roles with your dance partner while social dancing without breaking the flow. We will start by covering key techniques necessary for switch dancing communication. Once we've established a common language, we will dive into fun and interesting variations unique to switch dancing. Why dance one role when you can dance both!

**(2:30-3:00: Break)**

**3:00-5:00**

**CLASSIC LINDY HOP'S MODERN MOVES** with Kevin & Adrienne

Level: Intermediate and Up. Students must be comfortable with both their swing outs as well as their 6 & 8-count patterns.

Both classic and modern Lindy moves use counter balance to harness momentum and make the flow of the dance dynamic. This class will begin with covering some mission critical counter balance technique and progress to moves that require the technique. Kevin & Adrienne will bring their style and favorites to these classics. Some call it magic...Adrienne and Kevin call it the oxygen of Lindy Hop. Some moves that may be covered: quick stop, slingshots, shoot the duck, Hal & Betty Swing Outs.....

**Pricing:** Both Workshops-\$65 In Advance / \$80 Day Of  
Single Workshop-\$40 In Advance / \$50 Day Of

SUN., MAR 1

## Swing CRASH COURSE

with *Elena Ianucci and Paolo Lanna*

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/ \$50 day of*

SAT., MAR 7

## Everything You Need for Tandem Charleston

with *Akemi & Lewi*

12:30p-2:30p

Covering interesting entrances, exits, variations and transitions into traditional charleston steps, Lewi and Akemi will teach material that will be perfect for jams and general good fun. May include: Chase into Tandem, Variations of Chase entrance, Butterfly Exit, hand to hand into tandem, push out into hand to hand, Left side push out, Around the World. Not all of this will be covered of course, but that just means there will need to be another Tandem Charleston workshop in the near future to make sure all this great information can be passed down to you.

Level: *Intermediate*

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

SUN., MAR 8

## Swingout Technique

with *Rachel McMullin*

1:30p-3:30p

Designed to give you the techniques of dynamic swingouts - counterbalance, body position, proper lead/follow.

Level: *Pre-Int & Above (Some experience with Swingouts)*

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

FRI., MAR 13

## Foundations of Partner Dancing: An Experience for Couples

with *Ricardo Torres*

7:00p-10:00p

Experience the joy of dancing with the added bonus of getting to stay with that partner throughout the entire workshop. This opportunity means that you will be dancing for the entire workshop, as everyone will be paired up. The first 2 hours will cover the basics of how to communicate with each other through our movements (lead/follow), moving with the music, basic dance patterns to a few popular dance styles. The last hour will be a mini dance party giving you the opportunity to practice your moves, as well as mingle and enjoy some light snacks and refreshments.

Level: *Beginner/Open*

Pricing: *\$50 per person In Advance / \$60 per person Day Of*

SAT., MAR 14

## The Key To Connection & Open Critique Session

with *Sophie Cazeneuve*

1:30p-4:30p

Understand the wide concept of connection: what it means, how do you achieve it, and how it will help you communicate better with your partner and make each dance more enjoyable! \*The last hour will be an open critique session, which will be an open forum to ask questions about your dancing, as well as an opportunity to have Sophie assess/evaluate your dancing in order to offer tips for improvement. A great opportunity for group sharing and demonstration.

*\*The open critique hour is open to any who did not participate in the first 2 hours for a fee of \$5*

Level: *Intermediate and Up*

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

## Waltz and Foxtrot(American Style)

with *Sophie Cazeneuve*

5:00p-7:00p

This workshop is for those that already have the foundations down know their Bronze level syllabus, as well as for those who could use a refresher in their Silver even patterns. Technique is always a focus so that you will be able to execute these patterns with ease. Some patterns to be covered will be: open twinkles variations, open left and open right turns, with a focus on open and closed positions.

Level: *Intermediate*

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

++Please note that workshops that do not have at least 5 pre-registered students may be cancelled the night prior.

Please pre-register if possible (and save a few bucks!).++



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](http://www.YouShouldBeDancing.NYC)

SUN., MAR 15

# LEARN THE LINDY CHORUS

with Stina Dallons & Rafal Pustelny

1:30p-3:30p

Choreography by Frankie Manning, a fun routine that utilizes charleston, swing outs, and musicality. Learn how to do shadows, hand to hand, swing outs, and some Frankie Manning specialty moves.

Level: Pre-Intermediate and Up

Pricing: \$40 In Advance / \$45 Day Of

SUN., MAR 22

# BALBOA CRASH COURSE

with Mimi & Jeff Liu-Leyco

2:00p-4:30p

Learn this dynamic swing era dance characterized by an upright body posture, and shuffling footwork with intricate variations. The dance was designed for crowded dance floors or small spaces. It originated in Southern California in the 1920s/30s on the Balboa Peninsula in Newport Beach and became popular at the Balboa Pavilion. Laura will teach the fundamentals of both pure Balboa and Bal-Swing.

Level: Beginner

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

SAT., MAR 28

# Swivels and Counterbalance

with Mimi & Jeff Liu-Leyco

2:00p-4:30p

During the first half, we will dissect the anatomy of a swivel and create dynamic, complimentary stylings for both leaders and followers. During the second half, we'll practice more counterbalance exercises and use the dynamic feeling in specific moves on the dance floor.

Level: Intermediate and Up

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

SUN., MAR 29

# Swing CRASH COURSE

with Elena Ianucci and Stina Dallons

12:00p-3:30p

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Level: Beginner

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# Save The Date!

**for our Spring Bash**  
**Saturday April 25th**  
**8:00pm -12:00 midnight**  
***(7p pre-party dance lesson.)***

3 rooms for dancing

**Swing Room** *with DJ Stina*  
(Band TBD)

**Latin Mix Room** *with DJ Junior Arroyo*

**Ballroom/WCS Room** *with DJ Gene Eagle*

Performance Showcase at 8:30pm

***Only \$18***

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