

JULY You Should Be *Dancing...!* WORKSHOPS Studios, NYC

THURSDAY, JULY 6

CLASSIC NY MAMBO WORKSHOP

with Jason Myra

7-9pm Open to Pre-Intermediate and above

Join Jason Myra for a fun 2 hour intensive covering shines & partner work during our off-week of group classes!

Pricing: \$35 in advance/\$45 Day of

SUNDAY JULY 9TH

Swing Crash Course

12-3:30pm Level: Beginner

with Elena and Stephanie

Come learn to swing dance in a day. This workshop, led by expert instructors, introduces you to the style of Swing born in Harlem during the late 1920s/30s. In this beginners' workshop we will cover partnering, rhythm and lead-follow techniques. We will focus 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!

Pricing: \$40 in advance; \$50 Day Of

SATURDAY JULY 15TH

Salsa Crash Course

with Jason Myra

1-4pm Level: Beginner

Open to beginners with little or no prior dance experience. Students will learn the basics and get the confidence to get out on the dance floor. This workshop will cover the basic foot work patterns as well as lead & follow techniques to start you on your way to becoming a fun and confident social dancer!

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

SUNDAY JULY 16TH

BALBOA CRASH COURSE

with Lainey Silver

12:30p-3:30p Level: Beginner

Workshop for beginners to learn the basics of Pure Balboa and BalSwing. The workshop will cover basic rhythms, come-arounds, lollies, and outs-and-ins. Open to all levels, very beginner friendly.

Pricing: \$40 in advance/\$50 Day of

SATURDAY JULY 22ND

Blues Crash Course

with Galit Weinfeld

1-4pm Level: Beginner

Come explore the world of blues dance in a one day Crash Course! This workshop will give you all the tools to have fun social dances to a wide variety of blues music. This is the perfect place to build up your skills to take to your favorite blues venue, or social gathering. We will also let you know where to go for some great blues dancing coming up this summer.

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

SUNDAY JULY 23RD

Swingout Technique Workshop

with Rachel McMullin

2:30 - 5pm Level:

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

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

SATURDAY JULY 29TH

West Coast Swing Crash Course

with Sophie Cazeneuve

1:30-4:30pm Level: Beginner

This contemporary partner dance is known for its freedom, its sexy, smooth "elastic" look, improvisation and musicality. This style is great for fans of R&B, blues and club music who want to do more than "bump & grind" on the dance floor. This 3 hr crash course will teach the basic patterns as well as lead and follow techniques.

Pricing: \$40 in advance/ \$50 Day of

SUNDAY JULY 30TH

Swivels, Spins & Slides

with Paolo & Partner

2p-5p Level: Adv Beginner & Up

Spin exercises that help dispel the mysteries of spinning, how to stay balanced, and how to not get dizzy. You will be amazed what you can do once you put the time into the techniques and the exercise we show you.

Pricing: \$40 in Adv/\$50 Day of

412 EIGHTH AVENUE AT 31ST, JUST OUTSIDE PENN STATION (PRESS "#6 PLUS CALL BUTTON" FOR ENTRY)

CALL TO REGISTER: 212-244-0011 OR ONLINE AT: WWW.YOUSHOULDBEDANCING.NYC