

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

SUNDAYS, OCTOBER 1ST & 29TH

Swing Crash Course

12-3:30pm
12-3:30pm

Oct 1st with Elena Ianucci and Paolo Lana
Oct 29th with Elena Ianucci and Lainey Silver

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. This is a beginners' workshop in which 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 OCTOBER 14TH & 28TH

SPINS, TURNS AND PIVOTS: TECHNIQUE WORKSHOP

3-5pm

with Robert Vance

This workshop is the answer to all your turn nightmares! It will help solve the mystery of the difference between these three techniques as well as how and when to use them. Among the topics covered: balance techniques, weight shift, rotation and degree of rotation, core usage, spotting, coordination of arms, legs and feet when executions rotation. (Students should not come to class on an empty stomach, but should have had a light snack prior to class in order to avoid an upset stomach or becoming lightheaded.

Pricing: \$35 in advance; \$45 day of

SATURDAY OCTOBER 14TH

BALBOA SUPER POWERS: RHYTHMS & SHAPES

12p-3p

with Yurina Shin and Mickey Fortunascé

Level: Intermediate+ (dancing Balboamore than 1 yr, or must be comfortable with both pure-Balboa basics, ad libs, lollies, toss outs and swivels)

In this workshop, Yurina & Mickey will focus on how to create new rhythms & shapes, and use them to vary your basic moves.

Pricing: \$40 in advance; \$50 day of



SUNDAY OCTOBER 15TH

Blues Crash Course

12:30p-3:30p

with Laura Chieko

Love blues music? Want to learn to dance slow, connect with a partner and cut a rug at your favorite blues bars? Join us for a crash course intro to blues dancing and we'll have you dancing confidently to most blues styles that are played for dancers today!

Pricing: \$40 in advance; \$50 day of

SWINGOUT TECHNIQUE WORKSHOP

3:30-6pm

with Rachel McMullin

Level: Pre Int and above. Must have some experience with Swingouts.

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

Pricing: \$35 In advance / \$45 day of

SATURDAY OCTOBER 21ST

West Coast Swing Crash Course

2-5pm

with Sophie Cazeneuve

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

Lindy: Phraseology

4:00p-7:00p

with Adrienne Weidert & Rafal Pustelny

Level: Comfortable with Lindy Hop / Intermediate

Learn about the musical structure of swing music and phrasing. This workshop will cover musicality in relation to music, as well as your partner.

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

Salsa Crash Course

12-3pm

with Xenia Rocco

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

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

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

Continued from other side.

SUNDAY OCTOBER 22ND

BALBOA CRASH COURSE

12:30-3:30pm

with Lainey Silver

Learn the basic rhythm, come arounds, lollies, and more! This class for brand new balboa dancers and for those wanting to brush up their technique. Make sure to wear slippery shoes!

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

Collegiate Shag: The Art of Shagging

3-6pm

with Paolo Lana

Level: Open

A basic sampling of this high flow kick dance that was all the rage in the 1930's. Today it has evolved into a polished, dynamic social dance with creative transitions and intricate position variations. We'll cover footwork, passes, diagonals, camel walks, double kicks, break always & more

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

SATURDAY OCTOBER 28TH

Ballroom in'Blues

1:30p-4:30p

with Laura Chieko and Clyde Wright

Level: 3-4 months of blues basics required.

Originating in the Savoy ballroom, ballroomin' blues is a close embrace dance to jazz blues music that travels across the floor. Join Laura and Clyde for an afternoon of gliding and swooping about the floor to jazz blues!

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

SUNDAY OCTOBER 29TH

West Coast Swing: Let It Whip

3:30p-6:30p

with Exenia Rocco

Level: Pre Int/Int (must know a basic 8-count whip to attend this class)

The "whip" is a key pattern in West Coast Swing! There are a variety of techniques and variations you should know if you want to be masterful at this beautiful movement. Learn how to prepare and pivot, lead and follow, enter and exit "whips" and whip-based variations with proper technique, timing, ease and confidence!

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



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