

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

SATURDAY DECEMBER 2ND

FINISHING TOUCHES FOR BALBOA!

12-3pm with Guest Instructor Mickey Fortanasce and YSBD...! Resident Lainey Silver

Level: Advanced Beginner/Intermediate

Looking for some balboa confidence for social dancing? We'll cover the hot topics of starting and finishing a dance, cool transitions, and better styling by better technique.

Pricing: \$45 in Adv/\$55 Day of

SUNDAY DECEMBER 3RD

SWING: LINE DANCES & JAZZ FOOTWORK

2-5pm with Paolo & Special Guests

Level: Open to All

Learn some of the most popular Line Dances in the Swing World. Line Dances include: The Jitterbug Stroll, The Shim Sham, The Majestic,

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

SATURDAY DECEMBER 9TH

JAZZ IN LINDY HOP

4-7pm with Adrienne Weidert & Rafal Pustelny

Level: Intermediate and up

Come and learn vernacular jazz steps and add them to Lindy Hop. We will focus on the structure of dance and how it allows for musicality.

Pricing: \$45 in Adv /\$55 Day of

Spins, Turns & Pivots: Technique Workshop

5-7pm 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

SUNDAY DECEMBER 10TH

West Coast Swing Footwork Drills

2:30-4:30pm

with Xenia Rocco

Level: For Beginner to Intermediate dancers.

Swing dancers have fast feet - whether they're doing Balboa, Shag, Lindy or West Coast Swing. In this workshop you'll learn to use each part of the foot properly so you can style your basic patterns with syncopated, fun and musical footwork! What's the difference between step-tap and tap-step? Find out on a weekend afternoon, where you'll get to kick ball change and beyond.

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

DECEMBER 11 & 18

Argentine Tango - Body Mapping: How to Create Expression from Awareness

8-9:30pm

with Micaela Colleen Barrett

Perhaps the most fundamental skill needed to dance tango is a clear understanding of your body in space, and how it relates to another person's. Without this, we have no way to rely on our technique and no language with which to troubleshoot figures. Through a variety of solo, partner, and group exercises this 2-part workshop will explore the basics of proprioception, interoception, balance, and provide you with a reliable way to measure progress. While tango is most definitely a social and partner dance, it is also a powerful tool for learning about our unique bodies and human physiology in general. Each class will run for 90 minutes. Please come dressed in comfortable clothing, we will be working in socks as well as dance shoes.

Pricing: \$25/workshop

SATURDAY DECEMBER 16TH

Blues Idiom Intensive

12:30-4:30pm

with Joy Arico

All dance levels are welcome

Prerequisites: 2-3 months of blues basics. Many of these dance styles will be unfamiliar to people who have been dancing at an advanced level for years.

Blues Dance is a term used to describe a whole family of dances built along side various styles of blues music. Come learn four historic dances from the early 1900's through to blues adjacent styles from the disco era. We will explore triple step blues, boogaloo, funky butt, and rock steady.

Joy lives in Rochester, NY where she runs Lady Luck Blues.

Pricing: \$45 in Advance/ \$55 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

DECEMBER You Should Be *Dancing...*! WORKSHOPS

Studios, NYC

Continued from other side.

SATURDAY DECEMBER 16TH

SOLO JAZZ

2:30-4:30pm

with *Stina Dallons & Rachel McMullin*

Did you know that improving your solo jazz dancing not only gives you options when you're without a partner but also improves your partnered dancing? Expand your solo vocabulary and learn new styling for classic solo moves.

Stina & Rachel will cover a range of ideas for both the new and experienced solo jazz dancer. The workshop wraps up with a short choreography incorporating material from the day. Improve your quality of movement while learning fun moves that compliment the swing music you already love. All levels welcome, no partner necessary.

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

WEDNESDAY DECEMBER 27TH

West Coast Swing Crash Course

7-9:30pm

with *Ricardo Torres*

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: \$35 in advance/ \$45 day of
(includes Free entrance into that evenings WCS dance)**



THURSDAY DECEMBER 28TH

SWING SAMPLER SERIES A Crash Course of Swing Dance Styles: Swing/Lindy. Shag. Balboa

6:30-9:30pm

with *Paolo Lanna*

Come get a taste of a few dance style Greats!

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

FRIDAY DECEMBER 29TH

Ballroom Crash Course

7:00-9:30pm

with *Robert Vance*

(Register as a couple and stay together throughout class)
Learn the basics or brush up on them in this 3 hr Crash Course of Ballroom basics.

Pricing: \$35 in Advance/\$45 day of



SATURDAY DECEMBER 30TH

Salsa Crash Course

with *Ricardo Torres*

3-6pm 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

photography by John Abbott www.johnabbottphoto.com

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