

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

WEDNESDAY JAN 3RD

West Coast Swing

"Why Fake It if You Can Make It?"

7p-9p: Level: Pre-Int/Intermediate with *Sophie Cazeneuve*
(command of the basics is a must) In this workshop, we will dive into the WCS tool box to learn how to embellish your basics and step up quickly to the next level.

Price: \$35 In Adv/ \$45 day of

THURSDAY JAN 4TH

Swing: Reviewing the Basics

7p-9p with *Stephanie Shapiro*
For dancers who have completed 2-3 months of the beginner level classes. This is a review of all the basics you need to know to advance to the next level. A fast paced review of what we cover in our beginner classes. You will be able to ask for clarification or review on any patterns or techniques you feel you may need work on.

Pricing: \$35 in Adv / \$40 Day Of

SATURDAY JAN 6TH

Ballroom Crash Course: Waltz/Tango/Quick Step

1p-4p with *Sophie Cazeneuve*
Can Register as a Couple or Single
No prior experience necessary for our Crash Courses. Watch out though-Sophie will make your learning experience a joy and inspire you to want to learn more!

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

SATURDAY JAN 6

Blues Crash Course

with *Laura Chieko*

1:30p-4:30p No Prior Dance Experience Necessary!
Come e plots the world of Blues dance in a one day course! This workshop will give you all the tools to have fun social dances to a wide variety of blues music. We will cover several basic steps so you can dance to a wide variety of music. This is a perfect place to build your skills to take to your favorite blues venue or social gathering!

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

SUNDAY JAN 7TH

Swing Crash Course

12-3:30pm with *Elena Ianucci and Stephanie Shapiro*
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: \$45 in advance; \$50 day of

SUNDAY JAN 7TH

West Coast Swing Crash Course

3:30p-6:30p with *Exenia Rocco*
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

SATURDAY JAN 13TH

Hustle Crash Course

2p-5p. with *Robert Vance & Zulma Rodriguez*
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!

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

SATURDAY JAN 14TH

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

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

JANUARY You Should Be *Dancing...*! **WORKSHOPS** Studios, NYC *Continued from other side.*

SUNDAY JAN 14TH

SwingOut Technique Workshop

1:30p-4p

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 JAN 20TH

Latin Dance Crash Course: Merengue, Bachata, Cha Cha

with Audrey Martinez

12p-3p **Can register as a Couple or Single**

Why just learn one Latin Dance style? Prepare yourself to get up and dance to different styles of music at any Latin dance venue or social gathering!

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

SATURDAY JAN 20TH

Spins, Turns & Pivots: Technique Workshop

3p-5p: **Level: Open to All**

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. Great For **Hustle** and **WCS** Dancers!

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

SUNDAY JAN 21ST

Swing: Swivels, Spins & Slides

with Paolo "Pasta" Lanna

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

SATURDAY JAN 27TH

Lindy Hop Swivels and Counterbalance

with Mimi & Jeff Leyco

1:30p-4:30p

Level: Adv Beg and up (must be able to do a Swingout)

Learn the all-important swivel in your swingouts! Follows will get an intensive workshop on how to swivel like the pros, and leads will learn complimentary Swingout variations. The class will also introduce counterbalance technique to make your dancing look even sharper!

Pricing: \$45 in Adv / \$50 Day Of

SATURDAY JAN 27TH

BALBOA: CHOREOGRAPHY IN A DAY

12p-3p

with Jennifer Barnett

Level: Int+ (Must be comfortable dancing all basic balboa patterns at 190 bpm) (Partner Required)

What a unique way to build up your balboa! Learning this short, fun choreography will not only be a great chance to work on your partnership skills, but will also be a time to hone technique, learn new patterns and rhythms, and be guided through the process of creating your very own phrase of choreography! Opportunity to perform this Choreography that night at the Studios' Winter Bash

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

SUNDAY JAN 28TH

Special Workshop with Bobby White THE SOLO JAZZ BiBLE Every Charleston and solo jazz step you need to know, plus variations

1:30-4:30p For All dancers: Beg-Adv

The class will begin with 20s Charleston & early jazz steps, and work its way through all the classic jazz steps of the 1930s & 40s---everything you will need flapper party, Big Apple class, or dancing solo with friends. We won't just teach the steps, but multiple variations on each step so that you can do the steps the way YOU want to do them.

Bobby teaches vintage swing dances around the world, and holds championship titles and placements in Balboa, Lindy Hop, and Solo Jazz. With each, Bobby strives to innovate and create a new voice, while still capturing the spirit of the original dancers. He is the author of the popular swing dance blog *Swingover* and the book "Practice Swing." As a dancer, he is widely recognized by his floppy hair, and as a teacher, by his sound effects.

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

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