

# **FEBRUARY** You Should Be *Dancing...!* **WORKSHOPS** Studios, NYC

SATURDAY FEBRUARY 3RD

## **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**

## **SOLO JAZZ TRAINING SESSION FOR LINDY HOPPERS** *with Guest Artist Jo Hoffberg*

**5-7pm: Level: Intermediate-Advance**

Want to train like a professional Lindy Hopper? Now's your chance! Jo has put together a solo training program that will improve your quality of movement, your spins and turn, help you to better swing your triples, and improve your endurance! This is not for the casual swing dancer, but for people who know that great solo movement lends itself to great partnered movement. See you in class!

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

SUNDAY FEBRUARY 4TH

## **Swing Crash Course**

**12-3:30pm**

*with Elena Ianucci and Rachel McMulin*

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 FEBRUARY 4TH

**Special !!**

## **Brazilian Dance Workshops and Practice Party** *with Denise Serpa & Luiz Claudio*

**1-6:30pm**

Please join us for a day of fun! Come learn the basics to Samba no Pé (solo) and Samba de Gafieira (Brazilian partner Samba) from 2 amazing teachers, choreographers, and performers from Rio de Janeiro, Brazil! Denise & Luiz will get you started (or help you brush up) on the basics of these two widely popular styles of Brazilian dance.

**1-3pm: Samba no Pé:** A solo dance, done frequently in dance halls, at street festivals and concerts. This is an individualistic dance that is highly improvisatory.

**(3-3:30pm: Break)**

**3:30-5:30pm: Samba de Gafieira:** Which means Dance Hall or Club Samba, is a partner dance (different from ballroom samba), that is popular in Brazil with dancers of all ages. It is danced to a variety of Brazilian samba musical rhythms.

**5:30-6.30pm-Open Dancing:** Denise & Luiz will DJ and host a 1 hour dance practica for you to practice your new moves so you can better retain them. They will be offering guided help in this hour where you may even get an opportunity to show them what great teachers they are by sharing a dance!

**Pricing (Dance Practica Included):**

**Full day: In Adv \$70/Day Of \$80**

**1 Part Only: In Adv \$40/Day Of \$50**

SATURDAY FEBRUARY 10TH

## **West Coast Swing: Connection.**

**1-3pm: Level: Int and above**

*with Exenia Rocco*

Connection is a must in this dance style! Without it, you won't be able to connect with your partner to convey timing changes, show off your musicality skills and do all the great styling this dance is really about. Exenia will give you skills to help establish a connection and keep it throughout the dance through such techniques as stretch and compression, visual communication and body language.

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

## **West Coast Swing Crash Course**

**3-6pm**

*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: \$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](http://WWW.YOUSHOULDBEDANCING.NYC)

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

SATURDAY FEBRUARY 17TH

## Hustle Crash Course

2-5pm: *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**

SUNDAY FEBRUARY 18TH

### Special Workshop

## ALTERNATIVE BALBOA FUNDAMENTALS

*with Guest Artist Bobby White*

1-4pm: Level: Inter-Adv

(Dancers should know Balboa Basics, Lollies, Toss-Outs, Out & Ins)

Most dancers today learn similar ways of doing the fundamental steps. But, if you're looking for some new inspiration, or a deeper understanding of Balboa & Bal-Swing, we're going to learn the different techniques the great leaders & followers of the past used to invent the dances known as Bal, methods you've probably never learned in a class. Then we'll see what we can do with them.

**Pricing: In Adv: \$45 / Day Of: \$55**

SATURDAY FEBRUARY 24TH

## Spins, Turns & Pivots: Technique Workshop

3-5pm: 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**

## Ballroom: Samba & Paso Doble Crash Course

1-4pm: *with Sophie Cazeneuve*

Come get a taste for 2 of the more dramatic of the Ballroom dances. Ballroom Samba is a rhythmical dance with elements taken from Brazilian Samba. (it does differ dramatically from Brazilian samba and should not be confused as the same) Paso Doble has sharp footwork and beautiful body shapes. The music is representative of music played during bullfights, where the woman represents the cape, and the man, the matador. Come learn to exude grace and confidence on the dance floor.

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

SUNDAY FEBRUARY 25TH

## Blues Crash Course

1-4pm: *with Galit Weinfeld*

**No Prior Dance Experience Necessary!**

Come explore 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**

## Dips, Tricks & Patterns

2-5pm Level: Pre-Int and Up *with Paolo Lanna*

Add stylish partner combinations and patterns to your swing vocabulary. Then, learn the titanic tricks and fun dynamic dips that you can add to your social dance world.

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