

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

SUNDAY APRIL 1ST

SOLO JAZZ WORKSHOP

1:30-3:30p Level: Open with Rachel McMullin & Stina Dallons
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

SATURDAY APRIL 7TH

Social Ballroom & Dance Basics

12:00p-3:00p Level: Beginner Dancers with Stephanie Shapiro
(can register as a couple or single) Foxtrot, Rumba & Waltz will be the dances covered, as well as basic partner dance skills such as how to communicate with your dance partner. Communicating through your body movement and frame. How to execute underarm turns and other moves in a comfortable way for both leader and follower. So whether you are just swaying back and forth, or dancing a particular dance style, you will leave with skills to make you move in a comfortable and pleasing manner.

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

Salsa Crash Course

1p-4p; Level: Beginner with Jason Myra
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 APRIL 8TH

West Coast Swing Crash Course

1:30-4:30 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

SUNDAY APRIL 8TH

Argentine Tango

with Special Guest Artists Marcela Trape & Mario Ferraro

ALL LEVELS-Beginner to Advance.

You can register alone or as a couple. Both classes are independent, but suggest taking both, as they work in a complimentary way. Comfortable clothing, socks, tango shoes, and a mat, towel or blanket are suggested.

3:00p-4:30p: Body Awareness

Upper System: Shoulder, Arms, Spine. Recognize points of tension in the upper body, unlocking of joints for smooth functionality. Full body spirals. Building the axis from the feet. Mobile and dynamic posture.

4:45p-6:15p: Tango Movement

Concentration on the feet and their essential function in the dance to flow the upper body motion. Building the couple axis from the feet, with application in moves like Lievadas and Tomadas.

Pricing: In Advance: \$30 for 1 part / \$45 for both parts;

Day Of: \$40 for 1 part / \$60 for both parts

SATURDAY APRIL 14TH

Spins Turns and Pivots 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

Jukin' Blues

12:30p-3:30

with Laura Chieko

Pre-requisite: At least 1 month of blues basics

Jukin' blues includes a wide variety of dances such as the fishtail, four corners, and grind. Come hone your skills and break down these classic jukin' idiom dances. This workshop will give you the skills to dance by yourself or to add additional spice to your partner dancing!

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

APRIL You Should Be Dancing...! WORKSHOPS

Studios, NYC

Continued from other side.

SUNDAY APRIL 15TH

Latin Dance Crash Course: Merengue, Bachata, Cha Cha

with Audrey Martinez

1:30p-4:30p **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

Collegiate Shag: The Art of Shagging

3:00p-6:00p; Level: Open

with Paolo Lanna

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 APRIL 21ST

Hustle Crash Course

3-6p

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 APRIL 22ND

Swing Crash Course

12-3:30pm

with Elena Ianucci & Stina Dallons-Isaacson

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

CHARLESTON VARIETY/ CHARLESTON SWING OUTS & MORE WORKSHOP

1p-4p Level: Intermediate with Adrienne Weidert & Rafal Pustelny

Learn where the swing out came from and the basic differences between the 20's break-away, 30's Charleston swing outs and fun 6 & 8-count Charleston you can add into your Lindy Hop. We will work on the mechanics & momentum in the Charleston swing out as well as technique for kicking & turning & finding connection with your partner in the Charleston so you must be comfortable doing your basic 8-count Charleston as well as 6-count swing.

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

SUNDAY APRIL 29TH

Argentine Tango: Dancing Your Shadow Role

3:00p-7:00p; Level: Open with Guest Instructor Brigitta Winkler

This workshop will be structured into 2 parts. In the first part, Brigitta will explore the roles we play in partner dancing and how to share or shadow in the follow and lead relationship. Followers will explore leading from their following role, and leaders learning how to follow from their leading role. The second part will be carefully crafted to focus on and expand your connection and expression. You will MINGLE together in dance where she will instruct each to adjust your relationship where one will be asked to lead the lead - follow the follow.

Pricing: \$45 In Advance/ \$55 Day Of



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