

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

SATURDAY MAY 5TH

## Hustle

with Robert Vance and Zulma Rodriguez

**3:00p-6:00p Level: Adv Beginner**

In this workshop, the basics of this fun dance are reviewed, and we will pick up new information to keep you on your learning path. Topics such as the basic partnering positions and a basic understanding of the slot in which the steps are executed are related. In addition to the 3 count basic, 6 count right and left turns are included. Exciting steps such as underarm turns, wraps and whips, and the NY Walk are taught. Shadow position and cross body lead are also included to produce a well-rounded introduction to the dance that made John Travolta famous!

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

SUNDAY MAY 6TH

## Learn to Partner Dance: Simple Basic Dance Steps for Couples

**2:30p-5:30p Level: Beginner**

with Audrey Martinez

Prepare yourself for any social function where dancing will had. Audrey will teach you how to lead/follow your partner through simple dance basics to both slow music tempos, and faster upbeat rhythms. Practice how to move to the beat of different styles of music, how to execute simple turns, and how to move around the dance floor.

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

SATURDAY MAY 12TH

## SLOW BALBOA BASICS AND MORE

**12:00p-3:00p Level: Open to All**

with Yurina Shin

In this workshop, we will be breaking down the beautiful Slow Balboa basics from scratch at an achievable pace. Slow balboa is a great dance to add to the toolkit to allow you to dance when those slower numbers come on at a social dance. We will be bringing the tempo down to explore the smoother and sultry side of Balboa.

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

## Learn Argentine Tango

with Adam Hoopengardner & Ciko Tanik

**3:00p-6:00p Level: Beginner.**

Argentine Tango is a social dance that is danced every night of the week in the clubs of New York City, as well as around the world. Join us to learn the basics Of this art form. We will cover musicality, connection and improvisation, floor craft and basic etiquette. We will have you out on the dance floor in no time!

**Pricing: \*\$45 (\*Pre Registration Required by May 9th)**

SUNDAY MAY 13TH

## DANCE MECHANICS FOR LINDY HOP

**1:00p-4:00p Level: Open** with Adrienne Weidert & Rafal Pustelny

For all dancers at every level this is a technique class focusing on body awareness in movement. By moving from your core you become an efficient dancing machine. We will work on balance and turning exercises within the solo jazz & Charleston and Lindy Hop vocabulary as well as how to take what you work on in class to a better level. Open Level including Pre-Intermediate to advanced level; swing out comfort ability is helpful as we will apply the exercises within the context of swing outs.

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

SATURDAY MAY 19TH

## Salsa Crash Course

**12p-3p; Level: Beginner**

with Exenia 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**

## Hustle

**3p-6p Level: Pre Int/Int** with Robert Vance & Zulma Rodriguez

In this workshop, you will be introduced to turn technique and 'the Egyptian', and rhythm changes such as dbl syncopations. Exciting turn patterns will be taught such as Sliding Door Variations, the 'Las Vegas', Hand Drops, 6count Reverse Whip, the Chasse, the Sweetheart, the High Rope and the Diva Walk. Some technique will be emphasized with an intro to leg and foot technique, lead and follow, and some styling for both the lead and follow. Weight carriage will also be introduced to make for a more smooth and slick style.

**Req: knowledge of basic hustle, counting, 3 count and 6 count turns.**

**Pricing: \$45 in Adv/ \$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](http://WWW.YOUSHOULDBEDANCING.NYC)

# MAY You Should Be Dancing...! WORKSHOPS

Studios, NYC

Continued from other side.

SUNDAY MAY 20TH

## West Coast Swing Crash Course

1:30-4:30

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

## Swing Sampler

with *Paolo & Special Guests*

A sampling of The Lindy Hop, Charleston & The Collegiate Shag. including patterns, footwork and flashy fanfare in the world of swing.

PART ONE (advanced basic)

3:00pm - PARTNERING TIPS

3:30pm - 6-COUNT PATTERNS

4:00pm - WRAPS & YO-YOS

PART TWO (Pre-Int & Up)

4:30pm - CLASSIC LINDY HOP

5:00pm - CHARLESTON

5:30pm - COLLEGIATE SHAG

6:00pm - FREE SWING PRACTICE!

Pricing: PART 1 or PART 2 \$30 in advance / \$35 day of  
BOTH PARTS: \$45 in advance / \$50 day of

SATURDAY MAY 26TH

## Social Latin Dance Basics

2:00p-5:00p Level: Beginner

with *Ricardo Torres*

Bachata, Merengue & Social Cha Cha Basics will be covered in this 3 hour, fun and lively workshop. Learn to dance to the music that makes your feet want to tap and your body want to move.

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

SUNDAY MAY 27TH

## Swingout Technique Workshop

2:00p-5:00p Level: Pre Int and above.

with *Rachel McMullin*

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

TUESDAY MAY 29TH

## BALBOA FOOTWORK FRENZY

with *Lainey Silver*

7:30-9:30 pm Level: Intermediate and Advanced

Unlock the secrets of fancy feet to make your basic moves shine. Lainey will teach her favorite footwork variations and rhythms that are doable on the dance floor. We'll explore how to create space, find space, and use space for variations. We'll spend the first hour on pure bal footwork with the 2nd hour focusing on bal-swing. Balboa Footwork Frenzy

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

## Swing: Reviewing the Basics

7:30-9:30

with *Stephanie Shapiro*

Pre requisite: Must have completed at least 2 months of Level 1 Swing classes, or equivalent in private classes. Make sure you have the basics down before going to the next level. This will be a review of our 2 month curriculum, with emphasis not only on just the patterns, but will practice good follow/lead techniques.

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

THURSDAY MAY 31ST

## LINDY: PATTERNS FOR THE SOCIAL FLOOR

with *Lainey Silver*

7:00p-9:00p Level: Int. Adv/Advanced Lindy Hop Dancers

Must be comfortable with a swingout

Expand your vocabulary for the social dance floor. Learn how to lead or follow more complicated footwork changes, multiple turns, surprising transitions. We'll elevate your energy flow, line awareness, and connection to impress your partners.

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

## CHARLESTON & SHAG SPECIAL

7:00p-9:30p Level: Open

with *Paolo & Partners*

Inject your Charleston with some creative patterns for both side by side and tandem. Then discover how to use Collegiate Shag to explore and elevate your skills. Super fun and high energy.

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