

*Launching our...*



**7week  
 PROJECT  
 CONNECT  
 PERFORMANCE WORKSHOP  
 & NEW MEMBER SEARCH  
 SUNDAY'S 12:00-2:00PM  
 NOV. 4TH - DEC. 16TH  
 CLASS PRICE: \$300**

In this performance class, students will learn routines from the interactive swing dance show, Savoy! Dancing Through the Swing Era, produced by Project Connect and sponsored by YSBD. The routines will include traditional Lindy Hop movements, air steps, historic line dance, and solo jazz movements. Students will not only learn the routines, but also acquire the technique of partner dancing as well as performing skills such as creating formations, using your body to express, and dancing as part of a team. Students will have an opportunity to perform one of the routines at the YSBD Winter Bash.



After completing this workshop, if interested, students have opportunities to continue to work on the routines and perform as part of a charitable dance company, Project Connect. Project Connect is a volunteer based dance company which brings arts and entertainments to underserved communities such as nursing homes, children's hospital facilities, schools and those with disability. We generally



have 2 to 3 shows per year. Some of them are stage shows presented at performing arts center to raise funding. If you are passionate about dancing and performing, and would like to dedicate your time and energy to share the joy of dancing with underserved communities, I highly recommend to try out this workshop!

The current and former performers include some of the prominent YSBD instructors such as Rafal Pustelny, Mimi Liu Leyco, Jeff Liu Leyco, and Galit Weinfeld. Some of the company members will come work with students as needed.

WITH  
**AKEMI  
 KINUKAWA**

SAT., NOV. 3RD

# Body Awareness, Stretch & Strengthening for ALL Dancers

with *Lainey Silver*

12:00p-3:00p

What's the secret to being a better dancer? Lainey will show you how to unlock your potential with exercises on body awareness, proprioception, stretching, muscle building, turns, and balance training. This unique class will build your "dancer" skills that you can take home and practice on your own. Workout clothing, sneakers, and bare feet are strongly encouraged.

Level: *Open To All*

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

## West Coast Swing: Followers Styling

with *Exenia Rocco*

4:00p-6:00p

West Coast Swing is one of the most expressive and improvisational partner dances-especially for follows! Join instructor and musician Exenia Rocco for a 2 hour intensive on body movement, musicality, footwork, and improv techniques that you can use in this dance. Dress comfortably, no jeans, barefoot or low shoes recommended. Come prepared to improvise and try simple choreography. Let's dance!

Level: *Pre Int/ Int /Adv*

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

## Hustle: Advanced

with *Robert Vance & Zulma Rodriguez*

3:00p-6:00p

Must have ability to count and turn well in a controlled manner, understanding of leg and foot technique This is the workshop for the experienced Hustle dancer who wants to advance and sharpen their skills! Advanced turn technique will be introduced as well as advanced rhythm changes and partnering techniques. Traveling Shadow, Carousel, Hip Swivels, 2 handed spins for the leader and follower, are just a sampling of moves included in our Adv. Hustle workshops.

Level: *Adv Int/Adv*

Pricing: *\$45 in advance/ \$55 day of*

SUN., NOV. 4TH

## Smooth Swing

with *Teddy Kern*

12:30p-3:00p

Smooth moves and bluesy styling. Teddy (former director of the NY Swing Dance Society, and North American Swing Dance Champion), designed this workshop for those who are interested in smoothing out their swing dance style.

Level: *Knowledge of Basic Swing*

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

SAT., NOV. 10TH

## Ballroom Series: Samba & Waltz

with *Sophie Cazeneuve*

1:30p-4:30p

For those that have the basics down, and wish to further their Samba and Waltz techniques, as well as add new patterns (bronze/silver level). Sophie will teach you proper footwork, form and techniques you've been looking for. You don't have to be a competitive dancer to be a winner on the dance floor

Level: *Pre Int/Int*

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

## West Coast Swing Styling Workshop

with *Sophie Cazeneuve*

5:00p-7:00p

For Leaders and Followers! Learn how to improve your technique and your styling all at once. We will touch on several tools that you will need in order to have a proper and organized dance that will show the characteristics of WCS, while allowing you to bring your very own personality to the dance floor.

Level: *All Levels (knowledge of the basics)*

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

## Hustle, Adv. Beginner

with *Robert Vance and Zulma Rodriguez*

3:00p-6:00p

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!

Level: *Adv Beg*

Pricing: *\$45 in advance / \$55 day of*



412 Eighth Ave. at 31st, Near Penn Station (Press "#6 plus Call button" for Entry)  
To register call: 212-244-0011 or go online to: [www.YouShouldBeDancing.NYC](http://www.YouShouldBeDancing.NYC)

SUN., NOV. 11TH

# Swingout Technique Workshop

with *Rachel McMullin*

2:00p-4:30p

Designed to give you the techniques of dynamic swingouts - counterbalance, body position, proper lead/follow.

Level: *Pre Int & Above. Some experience with Swingouts.*

Pricing: *\$35 In advance / \$45 day of*

## COUPLES ONLY: SOCIAL DANCE BASICS (*Swing, Foxtrot, Salsa, Rumba*)

with *Stephanie Shapiro*

1:00p-4:00p

You've asked for it - a couples class with no rotation of partners. Sign up with your friend, significant other, mother, father, sister, brother ..... Relax and have some fun learning the basic to 4 popular dance styles designed to get you on the dance floor no matter type of event you go to. Something for everyone.

Level: *Beginner*

Pricing: *\$80 per couple In Advance / \$100 per couple Day Of*

SAT., NOV. 17TH

## Salsa Crash Course

with *Ricardo Torres*

1:00p-4:00p

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!

Level: *Beginner*

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

## Spins, Turns & Pivots

with *Robert Vance*

1:00p-3:00p

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!

Level: *Open*

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

## Hustle Intermediate

with *Robert Vance and Zulma Rodriguez*

3:00p-6:00pm

In this workshop, you will be introduced to turn technique and 'the Egyptian', and rhythm changes such as double syncopations. Exciting turn patterns will be taught such as Sliding Door variations, the 'Las Vegas', Hand Drops, 6 count Reverse Whip, Chasse, Sweathart, High Rope, and the Diva Walk. Intro to leg and foot technique, lead & follow, and weight carriage will be introduced to make for a more smooth and slick style.

- Req: knowledge of basic hustle, counting, 3 count and 6 count turns.
- For those that have taken previous workshops, material covered not always the same, as all material listed cannot be covered in a 3 hour time period.

Level: *Intermediate*

Pricing: *\$45 in advance / \$55 day of*

SUN., NOV. 18TH

## Swing Crash Course

with *Elena Ianucci and Stephanie Shapiro*

12:00p-3:30p

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. We will cover partnering, rhythm and lead-follow techniques. The focus will be 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!

Level: *Beg*

Pricing: *\$45 in advance/ \$50 day of*

## Fast Swing

with *Mimi & Jeff Liu-Leyco*

12:30p-3:30p

Drills and technique for dancing smoothly to uptempo songs with a partner. Includes Charleston and Lindy Hop solo and partner exercises. Come and have some fun learning to dance to all those high octane rhythms that may have kept you off the dance floor.

Level: *Int and Up*

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

## Hustle: Ladies' Styling & Leaders' technique

with *Robert Vance & Zulma Rodriguez*

3:30p-6:30p

Hustle is one of those dances with lots of arm styling, turns, and fast movement. Leaders- learn how to lead all those impressive steps with clarity and precision to make your follower look good. Followers-learn what to do with your arms to make you look confident and impressive, as well as making all those other moves seem effortless and looking sharp.

Level: *Open*

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

SAT., NOV. 24TH

## Hustle Crash Course

with Robert Vance & Zulma Rodriguez

12:30p-3:30p

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!

Level: Beginner

Pricing: \$45 in advance/\$55 day of

## Salsa & Salsa on2: Turning & Lead/Follow Techniques

with Robert Vance

3:30p-6:00p

**Must have basic knowledge of how to count while dancing.** In this workshop students will be introduced to core control and exact weight shift to achieve clean turns. Differences between Salsa and Salsa On2 will be covered. Single turns, double turns, and triple spins will be explained for followers and the details of how to lead them will be covered. Partnering techniques, including the timing of the lead and follow of turns will be explain in order to prepare both leaders and followers in developing a more smooth and flowing sense of style and comfort level went dancing. Learn the techniques to feel as good as you look to dance with, and become a more sought after dance partner!

Level: Adv Beg & Above

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

SUN., NOV. 25TH

## LINDY: SVEEPS, DROPS & TRIPLE-STEPS IN YOUR CHARLESTON

with Adrienne Weidert & Rafal Pustelny

1:00p-4:00p

**Prerequisites: MUST be comfortable with basic Charleston movements, basic Charleston closed position, hand-to-hand Charleston, and swing 6-count side passes.**

Join us for this fun workshop where we will add rhythm variations into your side-by-side, hand-to-hand, and swing Charleston. These will be both individual stylings, as well as lead-and-follow moves.

Level: Intermediate & Above

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

## PERFORMANCE CLASSES

3 month commitment (Nov-Jan), to be performed at our Winter Bash Jan 26th. (There may be options for additional performances)

## Aché Performance Project

with Frankie Martinez

12:00p-2:00p

Led by world renowned dancer and Artistic Director of the Abakuá Afro-Latin Dance Company, Frankie Martinez, this 12 week intensive is an in-depth look into the dance performance process. Conducted as a professional company, you will experience the complete process of what goes into a production. From Frankie's on the spot inception of choreography, to Afro-Latin technique training and methodology to Showtime! It continues to an experience like no other!

Open Level: All Welcome

Pricing for classes is \$300

## Solo Jazz Performance Group

with Rachel McMullin & Stina Dallons-Isaksen

7:00p-8:00p

Come learn a fun & energetic choreography from Rachel & Stina, of the Bathtub Ginnys dance troupe. This will be a great experience to work as a group, learning a challenging choreography, and then getting the opportunity to show off all that hard work at our Winter Bash!

Level: Intermediate +

Pricing for classes is \$300

SATURDAYS

MONDAYS



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