

Sunday December 9th

**Rhythms in
Salsa Music:
Recognition
and Dance
Application**



with Frankie Martinez

12:00p-2:00p

Our music and dance come from a rich and varied music/cultural tradition with lots of musical experimentation. Unfortunately, this variety has steadily been diluted into another category along side single facet dances. Just another dance that can easily be packaged and sold for maximum ease and profit to a community increasingly interested in simple, fast food dance.

In this Lecture/Application intensive we will explore the extensive variety of rhythms in Salsa music. Learning the compositional differences and how to quickly

recognize them. Just knowing you're listening to a rhythm variation can drastically increase the possibilities for personal expression.

The final part of the seminar will focus on options to diverge from the Mambo basic step and add these rhythmical variations into your repertoire, allowing your movement to account for these musical changes.

Respect for the music and culture is so important in taking care of this rich tradition for the following generations to enjoy, and will vastly expand the enjoyment and variety of partaking in Afro Latin dance.



Open Level

\$45 In Advance / \$55 Day Of

SAT., DEC. 1ST

West Coast Swing Crash Course

with Ricardo Torres

1:00p-4:00p

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.

Level: Beg

Pricing: \$40 in advance/ \$50 day of

BALLROOM CRASH COURSE FOR COUPLES

with Stephanie Shapiro

2:30p-5:30p

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. For those who took last months BR Crash course workshop, there will be new material rotated in.

Level: Beginner/Open

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

SUN., DEC. 2ND NO WORKSHOPS

BALBOA CRASH COURSE

with Lainey Silver

1:30p-4:30p

Learn the basic rhythm, come arounds, lollies, and more! This class is for brand new balboa dancers and for those wanting to brush up their technique. Make sure to wear slippery shoes!

Level: Beg

Pricing: \$40 in advance/\$50 day of

Hustle, Adv. Beginner

with Robert Vance and Zulma Rodriguez

1:00p-4:00p

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

Hustle: Advanced

with Robert Vance & Zulma Rodriguez

4:00p-7:00p

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



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

SUN., DEC. 9TH

Swing Outs and Jazz Breaks

with Paolo "Pasta" Lanna

2:30p-5:00p

Learn how the original Lindy Hop was done, and how to incorporate fancy footwork and musical breaks into your dancing.

Level: Pre Intermediate / Intermediate

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

SAT., DEC. 15TH

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, Sweatheart, 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., DEC. 16TH

East Coast? West Coast? Lindy? Swingin' Basics

with Stephanie Shapiro

12:30p-3:30p

A question asked by so many new and nearly new dancers: "What is the difference between East Coast, West Coast and Lindy Hop Style swing?" Stephanie will explain and teach you the difference between these swing dance styles. So whether you are a new dancer, or know the basics in one of these styles, this workshop will be a fun journey of music and movement.

Level: Beginner/ Open

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

SAT., DEC. 22ND

NO WORKSHOPS

SUN., DEC. 23RD

NO WORKSHOPS

Swing: Reviewing the Basics

with Stephanie Shapiro

7:30-9:30pm

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.

Level: Beginner

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

THURS., DEC. 27TH

SAT., DEC. 29TH

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., DEC. 30TH

NO WORKSHOPS



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