

PERFORMANCE CLASSES

Monday's !
Charleston/Lindy Hop

See
Back
Cover

Friday's !
Salsa

Saturday's !
Tranky Doo
West Coast Swing
Balboa

For
More
Details



SAT., JAN 5TH

Salsa Crash Course

with Jason Myra

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

West Coast Swing Crash Course

with Sophie Cazeneuve

2:30p-5:30p

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: Beginner

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

SUN., JAN 6TH

Swing Crash Course

with Elena Ianucci and Stina Dallons

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: Beginner

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

SAT., JAN 12TH

LINDY HOP POWER MOVES

with Mimi and Jeff Liu-Leyco

2:00p-5:00p

Explore Level changes, quick redirects, and stretch with a number of Lindy Hop's "power moves."

Level 3+

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

DANCE BASICS CRASH COURSE RUMBA, WALTZ, FOXTROT, SWING FOR COUPLES AND SINGLES

with Stephanie Shapiro

2:30p-5:30p

Learning the basics to partner dancing is a great experience to have with your significant other, or a great way to learn some new moves while meeting others. You can register as a single, or as a couple (stay with your partner throughout the workshop). Guaranteed a fun way to spend the afternoon! If you would like to register as a couple, please register together at studio or over phone.

Level: Beginner

Pricing: \$40 In Advance/ \$50 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., JAN 13TH

Body Awareness, Stretch & Strengthening for ALL Dancers

with Lainey Silver

12:30p-3:30p

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

SAT., JAN 19TH

Hustle, Adv. Beginner

with Robert Vance and Zulma Rodriguez

12:00p-3:00p

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: 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

SUN., JAN 20TH

Latin Dance Crash Course: Merengue, Bachata, Cha Cha

with Audrey Martinez & Ricardo Torres

1:00p-4:00p

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!

Can register as a Couple or Single

Level: Beginner

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



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SAT., JAN 26TH

Hustle Crash Course

with Robert Vance & Zulma Rodriguez

3:00p-6:00p

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

SUN., JAN 27TH

SHIM SHAM CRASH COURSE

with Stephanie Shapiro

3:30p-5:30

Learn jazz steps that make up this wonderful line dance created by Frankie Manning and is done all over the world. Objective is to dance it to 2 different songs: normal tempo and fast tempo.

Level: Open

\$30 In Adv/ \$40 Day Of

Performance Classes



Charleston/Lindy Hop Performance Class

with Adrienne & Rafal

Mondays 7:30p-8:30p, Starting February 4th

Level: 3+. Must be comfortable with swing outs and basic Charleston.

Come join in this rare opportunity to work with both Adrienne and Rafal in learning and performing a choreographed piece by this dynamic duo. This will be a Charleston and Lindy Hop routine, which will include some Solo jazz rhythms. The choreography will involve partnering and solo movements. Maximum of 12 couples (you do not need to register as a couple) Don't miss this amazing opportunity!

3 month commitment - to be performed at our Spring Bash April 27th

Pricing: \$360

West Coast Swing Performance Class

with Sophie Cazeneuve

Saturdays 7:00p-8:00p, Starting February 2nd

Level: 3 and up. Through this class, you will get to experience the whole process of learning a routine, develop your dancing (technically and emotionally), and being on stage to show off the best version of yourself!

3 month commitment / Feb, Mar, Apr

Pricing: \$300

BALBOA PERFORMANCE CLASS

with Lainey Silver

Saturdays 12:00p-2:00p, March 30th-April 27th

Level: Intermediate to Advanced Dancers:

Pricing: \$250

Tranky Doo Performance Class

with Rachel & Stina

Saturdays 12:00p-2:00p, 4 classes-Jan. 5th - Jan. 26th.

Open to All Dance Levels: The Tranky Doo was a popular line dance in the 1940's, made memorable in film by Pepsi Bethel, Al Minns, and Leon James. Learn this iconic line dance, build up your Jazz step vocabulary, and gain more confidence as a Solo Jazz dancer.

To be performed at our Jan. 26th Winter Bash (Performing is optional)

Pricing: \$200

Salsa Performance Class

with Jason Myra

Fridays 7:00p-8:30p, March 8th-April 26th

Level: 2 and up

8 week commitment

Pricing: \$300



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