

Adult Dance Tri-fold (continue)

Two-Step, Beginner/Intermediate 1:15-4:15pm Sports Pavilion Fee: \$25 per person
Two- Step is a traveling dance to a moderate to fast country music with a driving beat. Learn the basics and movements so you can look your best on the dance floor. Learn lead and follow concepts that apply to all dances.
Code: 114144 1/26

West Coast Swing 1:15-4:15pm Sports Pavilion Fee: \$25 per person
Come and learn one of today's hottest dances. All levels are welcome. West Coast Swing is a slotted dance done to any style of slow and bluesy music, such as Blues, Pop, or Country. Learn the concepts of compression and stretch. Class will include foundational elements as well as moves and patterns to get you grooving on the dance floor, with lots of time to practice.
Code: 114145 C 3/23

Dance Fundamentals I – Single Rhythm and Movement
1:15-4:15pm Sports Pavilion Fee: \$25 per person
This workshop will focus on single-rhythm dance movements and patterns like struts, rock steps, swirls, jazz boxes and grapevines. The five major and four minor foot positions will be discussed along with body isolation and how it is used with swirls. The first two hours will be instruction on basic dance steps and patterns followed by a one-hour dance to practice. Singles and partners welcome
Code: 114149 A 2/2

Dance Fundamentals II – Triple Rhythm Movements and More
1:15-4:15pm Sports Pavilion Fee: \$25 per person
This workshop is packed full of triple-rhythm dance movements and patterns like sailor steps, coaster steps and crossing triples. You'll review foot positions and some basic techniques that were explained in Dance Fundamentals I, and brush up on arm positions or port de bras. Then you'll add additional moves like knee pops, boogie walks, camel walks, and sailor shuffles.
Code: 114149 B 3/9

Dance Fundamentals III – Spins and Turns
1:15-4:15pm Sports Pavilion Fee: \$25 per person
Elevate your dancing ability! Learn how to execute Spins and Turns properly with balance and control. Dance Fundamentals III is all about spins and turns, progressive and stationary. Just some of the many spins and turns defined, explained and practiced are traveling pivots, chainnés, inside and outside spins, and Monterey turns. You will also learn and practice spotting techniques to increase your sense of balance and refine your spinning.
Code: 214149 A 5/4