



# Cedar Valley Dance Club

## July 2019 Ballroom Dances

### Cedar Falls, IA July 13

Cedar Falls Recreation  
110 E 13th St

#### **\*WEST COAST SWING WORKSHOPS\***

**BEGINNER 6:00-6:50**

**INTERMEDIATE 7:00 - 7:50**

**DANCE 8:00 - 10:00**

WORKSHOPS - \$10 FOR ONE OR \$15 FOR BOTH  
(STUDENTS \$5 EACH)

WORKSHOPS AND DANCE - \$20 (STUDENTS \$10)  
**DANCE ONLY**

Cost: \$7 members, \$10 non-members, \$5 students

**Instructor:**  
**Joe Retek**

**More info:**

[wheedance@mchsi.com](mailto:wheedance@mchsi.com)

### **Featured Dance of the Month** **West Coast Swing**

**West Coast Swing (WCS)** is a regional variation of Lindy Hop made popular in the 1940s along the West Coast. It is one of the most improvisational and versatile of all partnered dances. WCS is perfect for any type of club night and can be danced to almost any music in 4/4 time. WCS is a typical form of slotted dance, performed in an imaginary narrow rectangle, or 'slot'. The follower is led back and forth along this slot by the leader, who only leaves the slot to lead the follower past them. Linear and elastic movements are characteristic of WCS, and most of the dance moves feature the follower's walks and triple steps.

### Cedar Rapids, IA July 20

Collins Aerospace Rec Center  
Northeast Corner of  
Collins Rd & Rockwell Dr NE

**Dance 8:00 - 10:00**

\$7 members

\$10 non-members

\$5 students

**Dance Lesson Included!**

**7:00 - 8:00**

**Beginners / Adv. Beg.**

**Instructor:**  
**Joe Retek**

**More info:**

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### **July Instructor**



Joseph, originally from Illinois, came to Iowa to study Engineering at Iowa State University. While at ISU, he picked up triple swing and soon was competing at ballroom events with Cyclone Ballroom. Soon after graduation he worked closely teaching and growing UNI Ballroom Swing. When he was introduced to

the wider West Coast Swing community, Joe quickly developed a deep passion for its smooth connection and vibrant community. Moving to Cedar Rapids in 2014, he opened a West Coast Swing dance club Swing Storm and works with both social and competitive students to expand WCS in the area. He continues to teach, coach, and compete in WCS events in the Cedar Valley and across the country.