



Cedar Valley Dance Club

June 2019 Ballroom Dances

Cedar Falls, IA June 8

Cedar Falls Rec Center
110 E 13th

Dance 8:00 - 10:00

\$7 members
\$10 non-members
\$5 students

Dance Lesson Included!
7:00-8:00!

Instructors:
Steve and Hilda Ostby

More info:
wheedance@mchsi.com

Cedar Rapids, IA June 15

Collins Aerospace
Northeast Corner of
Collins Rd & Rockwell Dr NE

Dance 8:30 - 10:00

\$7 members
\$10 non-members
\$5 students

Dance Lesson Included!
7:30 - 8:30
Beginners / Adv. Beg.

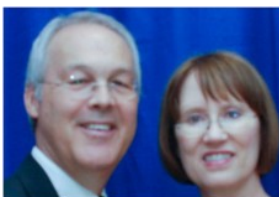
Instructor:
Christina Coveyou

More info:
wheedance@mchsi.com

Featured Dance of the Month Waltz

Waltz is a smooth progressive dance characterized by long, flowing movements, continuous turns, and rise & fall. Graceful and elegant, Waltz dancers glide around the floor almost effortlessly. The American style is punctuated with lavish open movements, underarm turns, and solo spins. The expressive quality of the music often invites very powerful and dynamic movement from dancers. In proper character the waltz should be soft, gentle, and romantic. With its long sweeping movements, turning figures, and stylish poses, the Waltz is a dance that commands attention.

June Instructors



Steve and Hilda Ostby have been dancing since our club started 24 years ago. They teach ballroom dance locally and consider it a privilege and a joy to share their love of dance. They especially enjoy taking lessons and performing.



Christina Coveyou has been doing various styles of dance for almost 15 years, including square dancing, clogging, round dancing, lindy hop, ballroom and west coast swing. From 2008 - 2013 Christina taught ballroom for Dance New York in Marion, IA. Since then she has been focusing on her growing family while continuing to dance for fun and relaxation. She looks forward to teaching for USA Dance in June.