

Dance Workshop  
Christine Zona, Organizer  
for

Pittsburgh Chapter (3007) of USA Dance, Inc.

Date: Saturday, 24 August 2019

Instructors:

Jim Page (Night and Day Dance Studio)

Terry and Rozana Sweeney (Art and Style Dance Studio)

Christine Zona

Venue: Mount Lebanon Evangelical Presbyterian Church  
255 Washington Rd, Pittsburgh, PA 15216

Schedule:

9:00 am. - 9:30 am. Registration

9:30 am. - 4:15 pm. Six 45-minute classes with choices of 3 levels of instruction

Level I - up to two years dance instruction

Level II - two to five years dance instruction

Level III - five or more years of dance instruction

12:15 pm. - 1:30 pm. Lunch Provided

4:30 pm. End

Cost: Adults \$69, Students with Current IDs \$49

Pre-registration is necessary.

For more details and PayPal instructions see

[www.usadancepgh.com](http://www.usadancepgh.com)



## **USA Dance Workshop – 24 August 2019**

- Level I:** Movement and timing principles for social dancers: 2 years or less of dance lessons  
**Level II:** Techniques for expanding partnering and body awareness: 2 – 5 years of dance lessons  
**Level III:** Using your mind/body connection to enhance your musicality, performance and pleasure: 5 years or more of dance lessons

### **9:30 am.**

- Level I:** Understanding dance timings. Jim Page  
**Level II:** How to feel good to your partner, moving as one in smooth and standard dances. Christine Zona  
**Level III:** Samba action and rhythm. Rozana Sweeney

### **10:30 am.**

- Level I:** It's as easy as 4 jobs. The initiator's and the responder's 4 jobs in smooth and standard dances. Christine Zona  
**Level II:** Movement and musicality in international cha cha. Rozana Sweeney  
**Level III:** Exploring types of spins and turns. Jim Page

### **11:30 am.**

- Level I:** Understanding the importance of foot placement and leg action in the early stage of any of the 4 Latin dances. Rozana Sweeney  
**Level II:** Using common components and patterns in new ways in rumba and waltz. Jim Page  
**Level III:** Using the whole body to create arm and hand movements in smooth dances. Christine Zona

### **1:30 pm.**

- Level I:** Variations of swing timing. Jim Page  
**Level II:** American rumba, timing and musicality. Terry Sweeney  
**Level III:** Achieving your best performance for shows and competitions. Christine Zona

### **2:30 pm.**

- Level I:** Understanding left and right turns in Viennese waltz. Christine Zona  
**Level II:** Smooth vs. rhythm hand styling. Jim Page  
**Level III:** Mambo, timing hips and core. Terry Sweeney

### **3:30 pm.**

- Level I:** American style swing, footwork, and hip and leg actions. Terry Sweeney  
**Level II:** Insight to contra body movement. What and when to turn. Christine Zona  
**Level III:** How to have more fun using advanced timings. Jim Page