

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 Rozanna 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



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. Rozanna 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. Rozanna 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. Rozanna 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