



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
12:15 pm. - 1:30 pm.	Lunch Provided
4:30 pm.	End

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

Pre-registration is necessary.

Make checks payable to USA Dance, Pittsburgh 3007. Send checks to John Siefken, 5S Components, 630 Fifth Avenue, East McKeesport, PA 15035-1035. Checks must be received by 20 August 2019.

Name: _____

Name: _____

Phone: _____ E-mail: _____

PayPal available at 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

INSTRUCTORS

James Page, Pittsburgh, PA - Social

James Page began his dance career teaching for a franchised chain studio in Ohio. He has taught at various studios in Ohio, South Carolina and finally Pittsburgh. He is an American Style Professional Smooth finalist. Known for his song specific choreography, he has been a three- time Dancing with the Celebrities of Pittsburgh winner. He has also been a popular emcee for local dance events and a former coach for the CMU Ballroom Dance Club and Team. His motto has always been: "You'll learn faster if it's fun!"

Terry and Rozana Sweeney, Pittsburgh PA - American Rhythm/International Latin

Terry and Rozana have over 50 years of combined teaching and dance experience. Teaching in Pittsburgh since 1996 at the Art and Style Dance Studio in Etna, Rozana and Terry are former national and international Latin and Ballroom Champions. They are national judges for the USA certified by the National Dance Council of America and the North American Dance Teachers Association and are members of the World Dance Council. They are Dancing Classrooms Teaching Artists for Pittsburgh, Point Park University Ballroom instructors, Latin coaches for Carnegie Mellon University Ballroom Dance Club, and Pitt University Ballroom Coaches. They are organizers of the Three Diamond DanceSport competition held in June at the Hyatt Regency Airport where Terry is also the Master of Ceremonies.

Christine Zona, New York, NY and Pittsburgh, PA-American Smooth/International Standard

Christine Zona has been teaching ballroom dance since 1980. She has competed professionally in the International Standard and Latin, and the American Ballroom divisions. Titles include the North American Rising Star American Ballroom Champion and Chicago Harvest Moon Ball American Ballroom Champion. Christine has also published a how-to dance book, "Gotta Ballroom," which includes the American style ballroom dances: Waltz, Tango, Foxtrot and Viennese Waltz. Currently, she is a certified adjudicator with North American Dance Teachers Association and USA Dance. Christine is a dance coach at Carnegie Mellon University and is also a visiting coach at various universities.