

USA Dance Workshop- Class Schedule, August 24, 2019

Level 1—Movement and timing principles for social dancers---2 years or less of dance lessons

Level 2—Techniques for expanding partnering and body awareness—2--5 years of dance lessons

Level 3—Using your mind/body connection to enhance your musicality, performance and pleasure—5 years or more of private dance lessons.

9:30am

Level 1—Understanding dance timings. Jim Page

Level 2—How to feel good to your partner—moving as one in smooth and standard dances. Christine Zona

Level 3—Samba action and rhythm. Rozana Sweeney

10:30 am

Level 1—It's as easy as 4 jobs - the Initiator's and the Responder's 4 jobs in smooth and standard dances. Christine Zona

Level 2—Movement and musicality in International Cha Cha. Rozana Sweeney

Level 3—Exploring types of spins and turns. Jim Page

11:30 am

Level 1— Understanding the importance of foot placement and leg action in the early stage of any of the 4 Latin dances. Rozana Sweeney

Level 2— Using common components and patterns in new ways in Rumba and Waltz. Jim Page

Level 3— Using the whole body to create arm and hand movements in smooth dances. Christine Zona

1:30 pm

Level 1—Variations of Swing timings. Jim Page

Level 2— American Rumba—timing and musicality. Terry Sweeney

Level 3— Achieving your best performance for shows and competitions. Christine Zona

2:30 pm

Level 1—Understanding Left and Right turns in Viennese Waltz. Christine Zona

Level 2—Smooth vs. rhythm hand styling. Jim Page

Level 3— Mambo—timing, hips and core. Terry Sweeney

3:30 pm

Level 1— American style Swing—foot work, hip and leg actions. Terry Sweeney

Level 2—Insight to Contra Body Movement. What and when to turn. Christine Zona

Level 3—How to have more fun using advanced timings. Jim Page