



Kaleidoscope Dance

## STEP 3

# Sequences Workshop

3<sup>rd</sup> Saturday 7:15 - 9:15 pm



STEP 3 workshops focus on learning a sequence of 8-10 steps. Dancing a prescribed sequence improves fluidity in transitions and continuity in dance. Workshops are followed by refreshments and a social.

Each workshop covers a single dance style. Styles taught include swing, hustle, nightclub, rumba, and foxtrot. To facilitate recall, the sequence is listed on a white board and printed on a handout. The size of the workshop is limited to ensure plenty of dance space for everyone. Advance registration is required!

The workshop starts with a short review of the basics of the dance style. The steps included in the sequence are reviewed/taught as needed. The steps are combined one at a time until the sequence is complete. Most of the steps included in the sequence are taught in the STEP 1 and STEP 2 classes, but new, usually more advanced, steps are also included.

\$30 per couple

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Kaleidoscope Dance

# Social Ballroom



*For Beginners and Social Dancers*

Three types of ballroom dance classes:

STEP 1

Steps & Timing

STEP 2

Partner Dancing

STEP 3

Sequences Workshop



- Non-intimidating atmosphere
- Steps are taught by name to facilitate recall
- All steps are taught from the beginning
  - ✓ Steps are broken down into learnable pieces
- "Joint safety" is a priority
  - ✓ Proper foot and body alignment
  - ✓ Good posture – head and back
  - ✓ Modifications when needed
- Classes may be repeated as often as desired

Taught by Trudy & Kevin Sherman



# STEP 1

## Steps & Timing

Wednesday 6:15 - 7:10 pm

STEP 1 classes focus on learning the steps and timing of a dance style without a partner. Dancing without a partner facilitates mastery of the steps, increases balance, and improves posture while building self-confidence. Partners are welcome but will dance on their own.

Each class covers a single dance style. The same style is taught for 2 consecutive weeks. Examples include swing, hustle, nightclub, waltz, rumba, and tango. To maximize learning and increase retention of what is learned, it is recommended to attend both weeks.

The first week of a series teaches the history, timing, and basic steps for the dance style. Posture, balance, and foot techniques are taught. The second week starts with a short review followed by instruction for a few additional steps different from the first week. Plenty of practice time is included in all classes.

### STEP 1 & STEP 2

\$14 drop-in per class

\$48 for a 4-punch card, good for 60 days

Card can be used for both classes

# STEP 2

## Partner Dancing

Wednesday 7:15 - 8:10 pm



STEP 2 classes focus on learning the steps and timing of a dance style with a partner. In addition to learning steps, couples will learn correct frame, lead and follow techniques, and modifications to accommodate physical needs such as height difference and joint limitations.

Each class covers a single dance style. The same style is taught for 4 consecutive weeks. Examples include swing, hustle, nightclub, waltz, rumba, and tango. Each week stands on its own. So, even though it is recommended, it is not necessary to attend all 4 weeks.

The first week of a series teaches the history, timing, and basic steps for the dance style. Frame, posture, connection, and lead/follow techniques are taught. Each week after that starts with a short review followed by instruction for several additional steps different from the previous weeks. Some steps will be more advanced. Plenty of practice time is included in all classes.

No dance  
experience  
required