

DanceLink USA

SOS Lesson Schedule

- 4/17 10:00 Talking with your hands to your partner** Men learn how to lead properly to I your partner knows what you want her to do. Tired of having to verbally telling her the move? Learn the proper leads.....
- 1:00 Breaking down the Belly Role and variations**= Learn the proper lead, style and positioning of the Belly Role and then variations.
- 4:00 Shag Meets Cha Cha**= About half of the music we dance to has a Cha Cha sound. You will learn to dance in the Shag and then go into the Cha Cha and then back into the Shag again. You will really enjoy this different style of dancing.
- 4/18 10:00 Natural Turning**= Learn to turn with ease, keep your balance and spot your partner. Use your body the natural way to turn. You will be amazed.
- 1:00 Contact with your partner**= Learn the secrets of how to lead your partner in different ways. You will improve your dancing dramatically with these techniques.
- 4:00 Bringing back the old moves**= So busy learning new steps that are made up, lets not forget the moves that we did years ago and gave Shag that special look. (Apple Jack, Walk backs, Leans, Hooks, Funky Apple Jack and more.)
- 4/19 10:00 Shag Basic**= This is for beginners and experienced dancers that want to learn and do not want to be in a big class. Experienced dancers are you doing your basic correctly or are you doing it with some bad habits that you might have picked up. More personal attention and better visibility with the instructors. Get a strong foundation in the beginning so you have something to build on.
- 1:00 Let the music move you**= Learn to dance to the music, the holds, rhythm, beat, style and more. The music will tell you what moves to do and how to dance if you listen to it.
- 4:00 Breaking down the Walk Up and Walk Back and variations**= Learn to make these moves look good with class and poise and then different variations.
- 4/20 10:00 Add AND 1# steps to your dance**= Jazz up your dancing by putting these step- in your basic and passes with style and class. Both male and female moves. 1:00 Male/ Female pass variations= More ways to Jazz up your dancing by putting these moves into your dance with style and class. Don't just do a basic pass all the tin.
- 4:00 Male/ Female basic variations**= Tired of just doing the same old basic, do something different and still be in your proper position and count.
- 4/21 10:00 West coast swing basics**= Learn the basic steps in the West Coast Swing. Dance another dance besides the Shag. Think outside the box. Add this dance to your dancebox.
- 1:00 Night Club 2 Step**= Learn a smooth dance that you do in a slow dances besides just standing there and moving back and forth. Add this to your dance repertoire. All ladies love this dance and thus, men will enjoy learning it and doing this romantic warm, sensual, sexy, smooth, flowing dance.
- 4:00 Breaking down the trail position and variations**= Proper hand positions, feet positions, body movement and then variations.
- 4/22 10:00 Breaking down the Boogie Walk and variations**= Having trouble making your Boogie walk looking good? You are not alone. Look in the mirror and see if you like w you see. We will break it down and make it easy for you and then give you some variations.

1:00 Breaking down the Pivot= We will start step by step in the Pivot and work with each one of you to better your Pivot. No variations, just working on making it look good.

4:00 Breaking down the Sugar Foot and variations= Learn the lead for this step. Work on balance, frame and smoothness to make this step stunning. Variations afterwards.

4/23 10:00 Contact with your partner= Learn the secrets of how to lead your partner in different ways. You will improve your dancing dramatically with these techniques.

1:00 Shag meets Cha Cha= About half of the music we dance to has a Cha Cha sound. You will learn to dance in the Shag and then go into the Cha Cha and then back into the Shag again. You will really enjoy this different style of dancing.

4:00 Sailor steps and variations= Incorporate the Sailor step by learning the lead and style in the Sailor. Also learn where else to use the Sailor besides the basic and then some variations.

4/24 10:00 Add Slides to your step= Learn Slides and where to put them at the same time while learning what makes a slide look good. A Slide is a super move if you make it look good.

1:00 Breaking down the Doo Das and variations= A easy move, but do you know what it takes to make it look smooth, clean and neat? You will after this class. After learning how to make it look nice, now learn some of the places to use it.

4:00 How to dance the Shag SMOOTHLY= Learn how we glide and not just dance. Smoothness is one of the things that made the Shag different from the other dances. Let the techniques that we have learned that made us the Smoothie Champions.

4/25 10:00 Let the music move you= Learn to dance to the music, the holds, rhythm, beat, style and more. The music will tell you what moves to do and how to dance if you listen to it.

1:00 Shag basic= This is for beginners and experienced dancers that want to learn and do not want to be in a big class. Experienced dancers, have you developed bad habits? More personal attention and better visibility with the instructors. Get a strong foundation in the beginning so you have something to build on.

4:00 Talking with your hands to your partner= Men learn how to lead properly to 11 your partner knows what you want her to do. Tired of having to verbally tell her the move that you are going to do. Learn the proper leads.....

4/26 10:00 Cha Cha basic= Learn the Cha Cha and be able to do something different than just doing the Shag. You will have another dance under your hat that you will be able to use on the dance floor. Remember that about 50% of Shag songs have a Cha Cha beat. You will have a lot of fun with this dance and still be in a slotted position.

1:00 Natural turning= Learn to turn with ease, keep your balance and spot your partner. Use your body the natural way to turn. You will be amazed.

4:00 Male/ Female pass variations= Look good doing different pass variations besides the usual standard pass. Jazz up your dancing with these steps.