

# Group Class and Events

## Eastern Dancesport Competition

Get ready for the Eastern Dancesport Championship February 17-19, 2012!

# February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 3:00 PM Tango Practica 7:00 PM West Coast Swing BEG 7:00 PM West Coast Swing ADV BEG/INT	30 7:00 PM International Latin Silver Competitor Program (5/16) 7:00 PM International Latin Gold Competitor Program (5/24) 8:00 PM Latin Drills 9:00 PM Latin Competitor Practice	31 Latin Drills Challenge Ends! 7:00 PM International Latin Bronze Competitor Program (9/16) 8:00 PM Club Salsa ADV BEG-A (4/4) 8:00 PM Club Salsa BEG (4/4) 9:00 PM Salsa Practica	1 7:00 PM International Latin Silver Competitor Program (6/24) 7:00 PM International Latin Gold Competitor Program (6/16) 8:00 PM Latin Drills 9:00 PM Latin Competitor Practice	2 7:00 PM International Latin Bronze Competitor Program (10/16) <b>FREE Latin Competitor Program Open House! Pre-registration required.</b> 8:00 PM International Latin Competitor Program OPEN HOUSE	3 STUDIO CLOSED	4 1:00 PM Latin Drills 2:00 PM Latin Competitor Practice
5 Superbowl Sunday 3:00 PM Tango Practica <b>West Coast Swing classes CANCELLED today due to the Superbowl! Go Pats!</b>	6 7:00 PM International Latin Silver Competitor Program (7/16) 7:00 PM International Latin Gold Competitor Program (7/24) 8:00 PM Latin Drills 9:00 PM Latin Competitor Practice	<b>7 Latin Pre-Bronze Program Starts!</b> 7:00 PM International Latin Pre-Bronze Competitor Program (1/16) 7:00 PM International Latin Bronze Competitor Program (11/16) 8:00 PM Club Salsa ADV BEG-B (1/4) 8:00 PM Club Salsa BEG (1/4) 9:00 PM Salsa Practica	8 7:00 PM International Latin Silver Competitor Program (8/24) 7:00 PM International Latin Gold Competitor Program (8/24) 8:00 PM Latin Drills 9:00 PM Latin Competitor Practice	9 7:00 PM International Latin Pre-Bronze Competitor Program (2/16) 7:00 PM International Latin Bronze Competitor Program (12/16) 8:00 PM Club Salsa INT-A (1/4)	10 STUDIO CLOSED	11 Studio Opens at 1PM Today 1:00 PM Latin Drills 2:00 PM Latin Competitor Practice <b>Latin and Rhythm Dance Party Eastern Dancesport Pre-Party 8:00 PM Beginner Swing 8:00 PM Intermediate Swing 9:00 PM Dance Party!</b>
12 BU Dancesport Competition 3:00 PM Tango Practica 6:30 PM West Coast Swing Spinning 7:00 PM West Coast Swing BEG 7:00 PM West Coast Swing ADV BEG/INT	13 7:00 PM International Latin Silver Competitor Program (9/16) 7:00 PM International Latin Gold Competitor Program (9/24) 8:00 PM Latin Drills 9:00 PM Latin Competitor Practice	14 Valentine's Day 7:00 PM International Latin Pre-Bronze Competitor Program (3/16) 7:00 PM International Latin Bronze Competitor Program (13/16) 8:00 PM Club Salsa ADV BEG-B (2/4) 8:00 PM Club Salsa BEG (2/4) 9:00 PM Salsa Practica	15 7:00 PM International Latin Silver Competitor Program (10/24) 7:00 PM International Latin Gold Competitor Program (10/24) <b>FREE Social Ballroom Program Open House! Pre-Registration required.</b> 8:00 PM Social Ballroom Beginner Program Open House 8:00 PM Latin Drills 9:00 PM Latin Competitor Practice	16 7:00 PM International Latin Pre-Bronze Competitor Program (4/16) 7:00 PM International Latin Bronze Competitor Program (14/16)) 8:00 PM Club Salsa INT-A (2/4)	17 STUDIO CLOSED	18 <b>Eastern Dancesport Championship</b> 1:00 PM Latin Drills 2:00 PM Latin Competitor Practice
19 Eastern Dancesport Championship 3:00 PM Tango Practica 6:30 PM West Coast Swing Spinning 7:00 PM West Coast Swing BEG 7:00 PM West Coast Swing ADV BEG/INT	20 7:00 PM International Latin Silver Competitor Program (11/16) 7:00 PM International Latin Gold Competitor Program (11/24) 8:00 PM Latin Drills 9:00 PM Latin Competitor Practice	21 7:00 PM International Latin Pre-Bronze Competitor Program (5/16) 7:00 PM International Latin Bronze Competitor Program (15/16) 8:00 PM Club Salsa ADV BEG-B (3/4) 8:00 PM Club Salsa BEG (3/4) 9:00 PM Salsa Practica	22 <b>Social Ballroom Program Starts!</b> 7:00 PM International Latin Silver Competitor Program (12/24) 7:00 PM International Latin Gold Competitor Program (12/24) 8:00 PM Social Ballroom Beginner Program (1/8) 8:00 PM Latin Drills 9:00 PM Latin Competitor Practice	23 7:00 PM International Latin Pre-Bronze Competitor Program (6/16) 7:00 PM International Latin Bronze Competitor Program (16/16) 8:00 PM Club Salsa INT-A (3/4)	24 STUDIO CLOSED	25 12:00 PM Pre-Latin Drills Technique 1:00 PM Latin Drills 2:00 PM Latin Competitor Practice
26 3:00 PM Tango Practica 6:30 PM West Coast Swing Spinning 7:00 PM West Coast Swing BEG 7:00 PM West Coast Swing ADV BEG/INT	27 7:00 PM International Latin Silver Competitor Program (13/16) 7:00 PM International Latin Gold Competitor Program (13/24) 8:00 PM Latin Drills 9:00 PM Latin Competitor Practice	28 7:00 PM International Latin Pre-Bronze Competitor Program (7/16) 8:00 PM Club Salsa ADV BEG-B (4/4) 8:00 PM Club Salsa BEG (4/4) 9:00 PM Salsa Practica	29 7:00 PM International Latin Silver Competitor Program (14/24) 7:00 PM International Latin Gold Competitor Program (14/24) 8:00 PM Social Ballroom Beginner Program (2/8) 8:00 PM Latin Drills 9:00 PM Latin Competitor Practice	1 7:00 PM International Latin Pre-Bronze Competitor Program (8/16) 8:00 PM International Latin Competitor Program OPEN HOUSE 8:00 PM Club Salsa INT-A (4/4)	2 STUDIO CLOSED	3 12:00 PM Pre-Latin Drills Technique 1:00 PM Latin Drills 2:00 PM Latin Competitor Practice

### Price Key

**4-Week Series Class:** \$60 early registration / \$72 on-the-day  
**Latin Drills Class Drop-In:** \$15 per class  
**West Coast Swing Class Drop-In:** \$15 per class (cash only)  
**Salsa Practica Drop-In:** \$5 per person  
**Latin Competitor Practice Drop-In:** \$5 per person  
**Intl Latin Competitor Program:** See website for details.  
**Social Ballroom Program:** See website for details.  
**Tango Practica by Boston Sunday Practica (3hrs):** \$5 per person

All classes and practice sessions are 50-min unless otherwise specified.

### Levels Description and Dance Key

**BEG (Beginner)** - Learn the basic timing, footwork, and partnering. This is where it all starts. Suitable for students with less than 1 month of dance experience. Equivalent to the Pre-Bronze syllabus.

**ADV BEG (Advanced Beginner)** - Builds on the Beginner level with more fun steps, patterns, and figures. Suitable for students with at least 1 month of dance experience. There are three Advanced Beginner variation series classes (A, B, C). Each variation is different can be taken in any order. Equivalent to the Bronze syllabus.

**INT (Intermediate)** - Builds on the Advanced Beginner level with highly stylized steps and patterns. Musicality and technique are emphasized. Suitable for students with at least 6 months of dance experience. There are three Intermediate variation series classes (A, B, C). Each variation is different and can be taken in any order. Equivalent to the Silver syllabus.

**ADV (Advanced)** - Builds upon the Intermediate level with showstopper steps and patterns. Musicality and technique are emphasized. Suitable for students with at least 12 months of dance experience. There are three Advanced variations (A, B, C). Each variation class series consists of different figures and patterns. Equivalent to the Gold syllabus.

## Class Descriptions

### ChaCha

Originally known as the Cha-Cha-Cha. Became popular about 1954. ChaCha is an offshoot of the Mambo. In the slow Mambo tempo, there was a distinct sound in the music that people began dancing to, calling the step the "Triple" Mambo. Eventually it evolved into a separate dance, known today as the ChaCha.

### Club Salsa

The name "Salsa" correctly describes the flavor of this dance: hot! Danced correctly, there's a lot of shakin', shimmying, and hip action going on. Don't be deterred - you can learn how to achieve all of this action. The basic step of salsa can be accomplished with less than 10 minutes of practice.

### East Coast Swing

When your mom and dad talk about swing dancing to the music of Elvis Presley and Chuck Berry back in the 50's, this is the dance they were doing. Also called The Jitterbug, East Coast Swing is the official "sock hop" swing dance for jump blues. East Coast Swing is a circular, rotating swing dance that has many wraps, tunnels, and turns.

### Mambo

Mambo is a Latin dance of Cuban origin that corresponds to mambo music. It is rhythmically similar to the slower Bolero, though it has a more complex pattern of steps. The saxophone usually sets the syncopated rhythm, while the other brass carries the melody. Mambo is at the roots of the Salsa dance and is a part of the American Rhythm group of American Style ballroom dances.

### Merengue

Merengue, the dance, evolved from Merengue music's two-beat rhythm. The motion of the dance focuses on hip movements created by slightly bending alternating knees. An exaggerated Cuban motion is the predominant styling taught in most contemporary dance studios. Partners may then move either together or individually with an open connection. Intricate hand connections are helped by the focus on a calm upper body during the often fast paced music. This calmness also means that most turns take four beats.

### Hip Hop

Hip-Hop is an authentic urban dance style derived and inspired from African dance movement which typically has a party feel and attitude. Hip-Hop is comprised through a contrast of precise smooth movement, rigid precise poses (great for performance or practical club dancing), of both high and low impact footwork or dance steps for any social gathering (weddings, parties, night clubs), free range of motion that improves flexibility, confidence on the dance floor, and improved overall general movement providing a great healthy and fun workout.

### Disco Hustle

Disco is back and hotter than ever! Hustle is characterized by an extremely smooth look, with the dancers turning, rotating, and moving around the floor with seamless motion and minimal vertical movement or bounce. It is a three-count dance, danced as &1-2-3, 1-2-and-3, or Quick-Quick-Slow-Slow to four-count music. Overall, the Hustle is a dance that was born as an adaptation to the new music of the disco craze, but has survived as a dance that has and will continue to grow with the times, trends and needs of the dancing public. It is a versatile dance with chameleon qualities that make it a highly effective tool in the beginner dancer's playbook.

### Jive

Jive, the ballroom dance style, originated in the United States and was based on the uninhibited style of Swing dancing known as Jitterbug. As a fast high energy dance jive adds a distinctive style to ballroom dancing. It is danced on a pattern of 6 beats to music written in 4/4 time. The number of steps taken per 6 beat interval; single, double, or triple, depends on the speed and mood of the music. The additional basics add versatility and variety to this exciting dance. It features many of the same basic patterns of East Coast Swing though its rhythms differ drastically.

### Latin Drills

This drop-in class will run through intense exercises of the basics in ChaCha, Rumba, Samba, and Jive. The sole purpose of this class is to give you repetition and build muscle memory so you look like a fierce competitor on the dance floor. Repetition is key to building muscle memory and developing excellent technique, posture, and style. This is the real deal. We'll choose one or two dances for each class and run through basic drills or a set of choreographed basic figures over and over again. Although this is NOT intended to be a workout class, we recommend wearing your practice gear and drink lots of water because you will sweat! These classes are ideal for competitors looking to improve their technique through repetition and becoming a better dancer. It's a great complement to your current training adding more value to your private lessons and your practices. These classes are solo exercises so NO partner necessary.

### Rhythm Sampler

Finally a beginners only class! In this 4-week series class, you will learn the three most popular Rhythm dances in the United States. These dances are ChaCha, Rumba, East Coast Swing, and Mambo! You will learn the characterization, basic timing, footwork and partnering of these dances. You will go over each dance twice in the series and meet once per week. At the end of the whole series, you will be well versed and comfortable to dance these steps at any dance function.

### Rumba

Rumba is a dance organically related to the rumba genre of Afro-Cuban music. Throughout the history one may trace several styles of dances called "rumba". Some dancers considered rumba the most erotic and sensual Latin dance, for its relatively slow rhythm and the hip movement. Rumba is actually the second slowest Latin dance: the spectrum runs bolero, rumba, cha-cha-cha, mambo in order of the speed of the beat.

### Samba

Samba, an old Brazilian style of dance with many variations, is African in origin. It has been performed as a street dance at carnival, the pre-Lenten celebration, for almost 100 years. Many versions of the Samba (from Baion to Marcha) are danced at the local carnival in Rio. The ballroom Samba or Carioca Samba is derived from the rural "Rocking Samba" and has been known for many years.

### Smooth Sampler

Finally a beginners only class! In this 4-week series class, you will learn the four most popular Ballroom (a.k.a Smooth) dances in the United States. These dances are classic Waltz, Tango, Foxtrot, and Viennese Waltz! You will learn the characterization, basic timing, footwork and partnering of these dances. You will go over each dance twice in the series and meet once per week. At the end of the whole series, you will be well versed and comfortable to dance these steps at any dance function.

### Tango

Tango is earthy and dramatic. Although walking movements dominate, Tango walks, having a "stalking" or "sneaking" character, are unlike the walks of other ballroom dances. Movements are sometimes slow and slithery, and other times sharp and staccato, such as a quick foot flick or a sharp head snap to promenade position. Tango has the same counter clockwise flow of movement around the dance floor, but with a lesser sense of urgency in comparison to the smoother and more continuous ballroom dances. American Style Tango, especially at highly-developed skill levels, makes great use of open and alternate dance positions to further showcase Tango's dramatic nature.

### Wedding Workshop

Our popular 90-minute wedding workshops are specifically tailored to wedding couples wanting to learn the most common wedding dances such as the classy Foxtrot, Waltz and Rumba. As a wedding couple, you will learn steps, timing, presentation, and grace on the dance floor. Submerge yourself with other wedding couples, share the same dance experience and build your confidence on the dance floor. Held twice a month between April and September.

### West Coast Swing (WCS)

Learn the basic six and eight count patterns that will get you moving on the dance floor to this distinctive yet versatile style of swing that is taking over the Boston dance scene! Danced to music ranging from hip-hop and pop to jazz and blues, there is something for everyone. Whether you have no rhythm and two left feet, or have experience in other dance styles, all are welcome. Come with or without a partner and join the fun!

## Group Class Policy

- Cell phones must be turned off during class. No cell phone usage during class.
- Students more than fifteen minutes late disrupts the class and will not be permitted to participate in that class. Please come early and be ready to dance.
- Video recording of the class is prohibited without advance permission from studio management.
- There is no refund or make-ups for missed classes so please make every effort to attend all your enrolled classes.
- Classes are not transferrable to another class or to another student.
- All scheduled enrollments are subject to our 24-hour cancellation policy. Last-minute group class cancellations or "no shows" will be charged.