



## 2009 WORKSHOP SCHEDULE

Time	Workshop	Instructor	Fee	Room
<b>SATURDAY, September 19, 2009</b>				
9:00 – 10:00 a.m.	<b><u>Drop Dead Moves with a Musical Flair</u></b> (Intermediate) Come learn musicality and rhythmic technique that can be applied on any dance floor. This workshop will entail flashy but easy to learn movements that will enhance the level of any dancer. This class is a must!!	Sandra Mason and William Mattocks	\$10.00	Pavilion 22
9:00 – 10:00 a.m.	<b>PENDING</b>			Pavilion 23
9:00 – 10:00 a.m.	<b><u>Lead and Follow Trios</u></b> Come learn a fun lead and follow Trio amalgamation that you can use on the social dance floor and/or in a choreographed routine.	Gregory Owens, Lisa Robinson, Cynthia Trueheart and Gerald Woodfork	\$10.00	Mezzanine 2
9:00 – 11:00 a.m.	<b><u>WALKIN' in and STEPPIN' Out</u></b> (Beginner) An introduction to the basic method, format and moves to learn Steppin'. Learn the six-count step measured to the music, rhythm and beat for an energetic and fun style of Steppin'. See why it's called Steppin'; the flexibility of footwork; and the ability to create your dance style.	Michele Dawson and Calvin Jarrett	\$15.00	Grand Ballroom
10:00 – 11:00 a.m.	<b><u>R&amp;B Line Dance Workout</u></b> (Advanced) Learn the latest R&B/Soul line dances from the Philadelphia area with Kenny J- as seen on YouTube®	Kenny J	\$10.00	Pavilion 22
10:00 – 11:00 a.m.	<b><u>Detroit Style Bop.</u></b> (Beginner) Bop is a soulful 6-count dance full of fancy footwork and even fancier moves, but don't let that stop you from trying this dance, because anybody anywhere can learn it!!!	Noah Amos	\$10.00	Pavilion 23
10:00 – 11:00 a.m.	<b><u>Martin's Beginners/Advance Ballroom Workshop</u></b> Teaches beginning steps; spins and turns; and advanced turns.	Martin Hall	\$10.00	Mezzanine 2
11:00 – 12:00 noon	<b><u>Line Dancing</u></b> (Beginner/Intermediate) Students will learn a variation of popular line dances which will give them a cardiovascular workout while having fun at the same time.	Dyone Mitchell	\$10.00	Pavilion 22
11:00 – 12:00 noon	<b><u>Do The Hustle</u></b> (Beginner/Intermediate) One of the biggest dance sensations of the 1970s has returned with a new flair. Hustle, as it is counted today, is a 3-count (&1-2-3) partner dance seen all over the world. In this class, students will learn today's Hustle basics. Whether you are starting from scratch or have prior Hustle experience, now you can learn the moves that will help you Hustle like a pro!	Erica Smith	\$10.00	Pavilion 23
11:00 – 12:00 noon	<b><u>Hand Dance Made Easy</u></b> (Beginner) In this class, students will be taught not only the basic step, but also turns, the lead and follow connection, and a mini-routine that you can use to impress your friends. You will be surprised at how easy our technique is as an introduction into learning hand dance.	Dennis Higginbotham and Carolyn Rhone	\$10.00	Mezzanine 2
11:00 - 1:00	<b><u>Steppin'</u></b> (Beginner, Intermediate, Advanced) Beginners will be introduced to the basic footwork and structure of Stepping. Intermediate instruction will cover partnered drills for the 'Leader' and 'Follower' with turns, track movement, hand positioning and body positioning. Advanced instruction will cover movements, combinations, spins and footwork for the 'club' or 'competition' dance floor.	Yvonne Stewart Anthony Dease	\$15.00	Grand Ballroom
12:00 – 1:00 p.m.	<b><u>Hand Dance</u></b> (Intermediate) More emphasis on amalgamations, better use of connection and combinations of moves. Mechanics can include: sailor shuffles, moving pumps, extended double steps. Partnering techniques will include swings and tuck turns with their variations.	Victor Howard & Joy Hunter	\$10.00	Pavilion 22

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12:00 – 1:00 p.m.	<b><u>Combinations (double)</u></b> (Intermediate, Advanced) In this workshop the emphasis will be on two hand combinations that are safe and easy to do while at the same time adding flair and style to your social dance	Anthony "Figgy" Jones and Linda Allen	\$10.00	Pavilion 23
12:00 – 1:00 p.m.	<b><u>Groovicality 101</u></b> (Intermediate and Advanced) Move & Groove with M&D. This workshop will focus on techniques that will maximize your groove, including body isolations, funky footwork & daring dance moves.	Markus Smith and Deonna Ball	\$10.00	Mezzanine 2
1:00 – 2:00 p.m.	<b><u>Urban Line Dancing</u></b> (Beginner/Intermediate) Hosted by Lyn Dancn Club (LDC), Tri State Connection 1st & 2nd place winners in line dance competition, and previously featured on WTTG FOX 5. Learn two line dances and help LDC's award winning instructors/choreographers create a "fun & hip" CLASS line dance. Join LDC and execute all dances Saturday's evening at the Open Dance.	Sharon Lynn Holmes, Mike Elmore and Melodye Robinson	\$10.00	Pavilion 22
1:00 – 2:00 p.m.	<b><u>Fabulous Fun Footwork For (Amazing Amalgamation):</u></b> A collection of intricate foot patterns along with creative dance rhythms to make all level dancers feel even "BETTER".	Steve Mitchell w/Gaye Proctor	\$10.00	Pavilion 23
1:00 – 2:00 p.m.	<b><u>A Taste of Salsa "On 2"</u></b> (Beginner/Intermediate) Whether you are starting from scratch or have prior salsa experience, this class is for you! Salsa "On 2" is a mambo style salsa which enjoys a significant presence around the globe. In this class, students will learn the timing associated with dancing "On 2" as well as basic footwork, lead/follow technique, and fun social moves with simple styling.	Erica Smith	\$10.00	Mezzanine 2
1:00 - 2:00 p.m.	<b><u>Bop (DC)</u></b> Spice up your DC Bop with some fun, easy lead and follow styling moves to make your Bop look a little different from what you see on the social dance floor.	Gregory Owens and Cynthia Trueheart	\$10.00	Grand Ballroom
2:00 – 3:00 p.m.	<b><u>SPINS &amp; TURNS: Feeling "The Sweet Spot"</u></b> (All levels/leaders and followers) You know you've done a great turn when it "feels SO good" or "Just Right". 4 to 6 turn routines are taught to use in your dance, from easy to advanced and from individual to mirror patterns, to help you recognize when that "Sweet Spot" happens; your center, timing and alignment are in harmony together. Prepping, spotting and other techniques are given as the routines are taught.	Gaye Proctor	\$10.00	Pavilion 22
2:00 – 3:00 p.m.	<b><u>Line Dance with Symmetry In Motion</u></b> (Beginner/Intermediate) Come "Move to the Groove" to some of the popular and hottest line dances in the area.	Danita Moses and Julian Haley, Jr.	\$10.00	Pavilion 23
2:00 – 3:00 p.m.	<b><u>West Coast Swing Fusion</u></b> (Beginner) Learn the technique of basic West Coast Swing moves and how to incorporate them with Hand Dance for social dancers.	Tammy Brown & Kevin Fitzhugh	\$10.00	Mezzanine 2
2:00 – 3:00 p.m.	<b><u>Latin Hustle</u></b> (Intermediate/Advance Level) This is the ultimate level for this style of dancing. New challenges for those Latin Hustle dancers who want to add or improve their current repertoire of moves. You'll enjoy the many facets to the dance that you've never seen before. Learn lifts, dips and leverage moves that will complement you and your partner. Choreography will be used to illustrate musicality and repetitive motion..	Demetrius Jones and Cathy Wright	\$10.00	Grand Ballroom