

# Dance With Me

## Social Dancing Made Easy

# Dance Class Curriculum

## July - December 2010

Classes will be open for registration no less than 3 weeks before the first class of each series.

*We invite you to discover the joy of dancing.*

### How to Register

To register for any of our classes or class series:

**PHONE:** 417 869-6789

**ONLINE:** [www.DanceWithMe.us](http://www.DanceWithMe.us)  
(Visa, MC, Discover accepted)

Or fill out a class registration form and mail or drop it off at:

**Dance With Me (at the Savoy Ballroom)**  
224 E. Commercial St., Springfield, MO 65803

Classes will be open for registrations no less than three (3) weeks before the date of the first class.

Repeat any class series for half off of regular tuition.

### About Our Classes

Our classes are offered in a series where all students are required to register in advance and no new students are admitted into the class once the series has begun. (Class registration is open until the first day of class.) This way, we are able to offer comprehensive instruction that the whole class can benefit from without slowing down to introduce new people to past lessons. Our class series are composed of a sequence of 4, 6, or 8 55-minute sessions, depending on the series. For the sake of your classmates, we suggest that you make every effort to attend all sessions. If you have to miss a class, make-up lessons are available at \$30 each and must be scheduled prior to the next class. Each student is responsible for scheduling make-up lessons or you can also review missed classes with your fellow classmates prior to the next class.

Please note that all classes offer a pre-registration discount. Registration must be completed and paid for by date noted on each class to take advantage of the discount.

Completion of a series as a prerequisite requires 100% attendance. If any classes in a series are missed, a makeup lesson is required to qualify the series as a prerequisite.

### About Us

Our staff instructors are some of the most experienced dancers, as well as the top ranked competitors on multiple national and international dance circuits in our area. Trained to the highest standard in ballroom, swing, salsa, country western, and argentine tango dancing, they are known in dance communities throughout the country and travel regularly for many dance related activities.

### Cancellation & Refund Policy

Class tuition is 100% refundable before the start date/time of the class series. Once the class series has begun and before the second session, whether or not any classes have been attended, the class tuition/registration can be 100% credited toward another series of the student's choice. After the second session of the series, the class tuition is not refundable.

Open classes (non-series) and workshops are 100% refundable up to the day before the scheduled class or workshop. After that, classes/workshops are not refundable.

Please contact us with any further questions concerning our cancellation/refund policy.

417 869-6789 | [Dance@DanceWithMe.us](mailto:Dance@DanceWithMe.us)  
224 E. Commercial Street | Springfield, Missouri 65803

*Swing Latin Ballroom Country*

# Smooth

## **WAL101 Waltz, 6 sessions, \$80**

Tu. Aug. 3-Sept 7, 6:30-7:25pm (register by 7/28-\$60)  
No prerequisite; Instructor: Anne & Andy Walls

Learn fundamental lead and follow techniques, line of dance and dance floor etiquette. Learn some cool combinations of waltz patterns, such as the turning box and twinkle, as well as under arm turns that will get you well on your way to having a great time on the dance floor.

## **WAL201 Waltz, 6 sessions, \$80**

Tu. Sept 21-Oct 26, 6:30-7:25pm (register by 9/14-\$60)  
Prerequisite: WAL101; Instructor: Anne & Andy Walls

This class will expand on your basic waltz patterns, introducing new moves and combinations for navigating the dance floor. We'll look at combining such patterns as the turning basic, progressive basic, twinkles, turning twinkles, and passing twinkles. Plus, we'll take a look at the differences in utilizing bronze and silver footwork in the execution of the different waltz patterns.

## **WAL202 Waltz, 6 sessions, \$80**

We, Nov 3-Dec 8, 6:30pm-7:25pm (register by 10/27-\$60)  
NOTE: No class on Thanksgiving, November 25  
Prerequisite: WAL101; Instructor: Jim Criger

This class will expand on your basic waltz patterns. We'll explore fundamental techniques of navigating the dance floor using open position patterns as well as shadow position. You'll gain the comfort to use these patterns in addition to your basic patterns to help you dance across the floor with elegance and grace!

## **FOX101 Foxtrot, 6 sessions, \$80**

Th. Nov 4-Dec 16, 6:30pm-7:25pm (register by 10/28-\$60)  
NOTE: No class on Thanksgiving, November 25  
No prerequisite; Instructor: Emma McNagny

Foxtrot, the dance of Fred and Ginger, is a smooth and elegant dance. Classes will focus on basic partner dance technique and 6- and 8-count patterns that will have you leading and following smoothly in no time.

## **NCS101 Nightclub Sway, 6 sessions, \$80 (Nightclub Two-Step)**

Th. Aug 26 - Sept 30, 6:30-7:25pm (register by 8/19-\$60)  
No prerequisite; Instructor: Anne & Andy Walls

We. Oct 27-Dec 1, 7:30pm-8:25pm (register by 10/20-\$60)  
No prerequisite; Instructor: Jim Criger

Learn the fundamentals for this elegant dance that's perfect for those nice slow ballads and love songs. We'll explore the basic patterns and turns, then we'll look at techniques for combining elements to add a lot of variety.

## **NCS201 Nightclub Sway, 6 sessions, \$80 (Nightclub Two-Step)**

Th. Oct 14-Nov 18, 6:30pm-7:25pm (register by 10/7-\$60)  
Prerequisite NCS101; Instructor: Anne & Andy Walls

We'll expand on your basics and look at adding pivots to create more variety in the flow of the dance, plus explore more challenging turns and combinations that are perfect for the social dance floor.

# Swing

## **WCS101 West Coast Swing, 6 sessions, \$80**

Th. July 22-Aug 26, 7:30-8:25pm (register by 7/15-\$60)  
Th. Dec. 2-Jan. 6, 7:30-8:25pm (register by 11/29-\$60)  
No prerequisite; Instructor: Anne & Andy Walls

Smooth and stylish, West Coast Swing is danced to blues, R&B, funk, pop, and even country music. WCS101 introduces the basic six-count patterns in West Coast Swing, including their footwork, timing, and lead/follow technique.

## **WCS102 West Coast Swing, 6 sessions, \$80**

Th. Sept 2-Oct. 7, 7:30-8:25pm (register by 8/26-\$60)  
No prerequisite; Instructor: Anne & Andy Walls

WCS102 introduces the footwork, timing, and lead/follow technique of the basic eight-count patterns. The patterns we'll teach and use in this class are to develop good skills in distinguishing between 6 and 8 count patterns, which is an important fundamental skill for any west coast swing dancer.

## **WCS103 West Coast Swing, 6 sessions, \$80**

Th. Oct. 14-Nov. 18, 7:30-8:25pm (register by 10/7-\$60)  
No prerequisite; Instructor: Anne & Andy Walls

We'll look at a combination of basic 6 and 8 count patterns, however this class will focus primarily on starter steps and utilizing closed position, then explore transitioning from closed to open positions in various patterns.

## **WCS201 West Coast Swing, 6 sessions, \$80**

Tu. Aug 10-Sept 14, 7:30-8:25pm (register by 8/3-\$60)  
Prerequisite: WCS101, 102, 103;  
Instructor: Anne & Andy Walls

This class will build on basic techniques of west coast swing and introduce the concept of scrolling patterns, plus we'll work on pivot technique to improve both leader's and follower's ability to execute spins within patterns.

## **WCS202 West Coast Swing, 6 sessions, \$80**

Tu. Oct 12-Nov 16, 7:30-8:25pm (register by 10/5-\$60)  
Prerequisite: WCS101, 102, 103;  
Instructor: Anne & Andy Walls

This class will explore the basic techniques behind extending patterns. We'll look at the techniques used to define and identify pattern extensions, plus we'll explore rotational (torque) connection as well as refine pivot technique for leaders and followers.

### **WCS203 West Coast Swing, 6 sessions, \$80**

Th. Nov. 23-Dec. 28, 6:30-7:25pm (register by 11/16-\$60)

Prerequisite: WCS101, 102, 103;

Instructor: Anne & Andy Walls

Spin patterns galore! This class will explore patterns with both leader and follower spins. We'll focus on refining pivot technique, plus we'll discuss shaping and spotting for refining your spinning technique and styling.

### **ECS101 East Coast Swing, 6 sessions, \$80**

We. Dec. 8-Jan. 12, 7:30-8:25pm (register by 12/1-\$60)

No prerequisite ; Instructor: Jim Criger

East Coast Swing is an intuitive and easy to learn, fast dance, danced usually to big band or contemporary music that 'swings.' You'll learn basic dance patterns and turns utilizing triple-time east coast swing technique.

### **Practice Dance-Swing**

Thursdays 8:30-10:30pm: \$5 cover. Swing Springfield club sponsored Swing Dance! Free to students currently enrolled in any Dance With Me dance class series and/or Swing Springfield club members.

## **Latin**

### **SAL101 Salsa, 6 sessions, \$80**

Tu. Aug 3-Sept 14, 7:30-8:25pm (register by 7/27-\$60)

NOTE: No class on August 31)

Tu. Nov 2-Dec 7, 7:30-8:25pm (register by 10/26-\$60)

No prerequisite; Instructor: Emma McNagny

Tune your ears and your body to the rhythm of the clave and the magic of salsa dancing. You will learn basic footwork, turns, patterns, shines and be introduced to proper posture, weight transfer, frame and connection. The class will introduce you to the basics of leading and following, salsa music and timing.

### **SAL102 Salsa, 6 sessions, \$80**

Tu. Sept 21-Oct 26, 7:30-8:25pm (register by 9/14-\$60)

Tu. Dec 14 Jan 18, 7:30-8:25pm (register by 12/7-\$60)

No prerequisite; Instructor: Emma McNagny

"Walk this way" This class will orient you to the basic, walking it here, there, and everywhere; just dancing the rhythm and getting it into your feet. There will be a strong concentration on turns. Students in this class will dance more alone - very little partner work - so that you really get the dance in your bodies and feet.

### **SAL201 Salsa, 6 sessions, \$80**

Tu. Sept. 7-Oct. 12, 6:30-7:25pm (register by 8/31-\$60)

Tu. Nov. 30-Jan. 4, 6:30-7:25pm (register by 11/23-\$60)

Prerequisite: SAL101 and 102; Instructor: Emma McNagny

Time to apply the musicality learned in the 100 series salsa classes to make partnering more fun. The special focus in this class: Cross body lead patterns to develop better lead/follow communication, while continuing to perfect form and musicality.

### **SAL202 Salsa, 6 sessions, \$80**

Tu. Oct. 19-Nov. 23, 6:30-7:25pm (register by 10/12-\$60)

Prerequisite: SAL101 and 102; Instructor: Emma McNagny

Gentlemen, start your spinnin'! Time to take the individual spin practice of the 100 level salsa series and dance it with someone else! This series will also perfect cross body lead patterns, while giving lead and follow turn patterns to get dancers used to the often Twister-like feel of Salsa.

### **CHA101, Cha Cha, 6 sessions, \$80**

We. Sept. 15-Oct. 20, 7:30-8:25pm (register by 9/8-\$60)

No prerequisite; Instructor: Jim Criger

This is a fun, flirty dance that grew out of the Cuban Mambo. In this class, you'll learn basic cha cha technique, along with basic syllabus steps including side basic, lady's right turn, crossover breaks, promenade back breaks and parallel breaks.

### **RMB101, Rumba, 6 sessions, \$80**

Th. Sept. 9-Oct. 14, 6:30-7:25pm (register by 9/2-\$60)

No prerequisite; Instructor: Emma McNagny

Rumba is universally recognized as the dance of love. It is danced to slow, sensual music with a Latin beat and features a hip action known as "Cuban or Latin Motion." This series will take you through all of the essential elements needed build a strong foundation or to help take your Rumba to the next level. You will learn patterns, Latin motion, partnership skills, and connection.

### **Practice Dance-Salsa**

Tuesdays 8:30-10pm: \$5 cover. Free to students currently enrolled in any Dance With Me class series. This is a great way to improve and hone your dance skills.

## **Argentine Tango**

### **ART101 Argentine Tango, 4 sessions, \$60**

Mo. July 26-Aug. 16, 7:30-8:25pm (register by 7/19-\$45)

Mo. Sept. 27-Oct. 18, 7:30-8:25pm (register by 9/20-\$45)

Mo, Nov. 22-Dec. 13, 6:30-7:25pm (register by 11/15-\$45)

No prerequisite; Instructor: Charles Roques

Students will learn the fundamentals of tango technique, including walking properly, collecting, posture and frame. They will learn floorcraft as they learn to lead and follow the 6- and 8-count basic steps in the line of dance, including the forward ocho, an essential step in tango.

### **ART102 Argentine Tango, 4 sessions, \$60**

Mo. Aug. 23- Sept. 20, 7:30-8:25pm (register by 8/16-\$45)

No classes on Labor Day, September 6

Mo. Oct. 25-Nov. 15, 7:30-8:25pm (register by 10/18-\$45)

Mo. Dec. 20-Jan. 10, 6:30-7:25pm (register by 12/13-\$45)

Prerequisite: ART101; Instructor: Charles Roques

Students will continue to refine their fundamentals and floorcraft as they learn to change rhythm, how to do the cross-step basic, rock steps to change directions, back ochos and how to combine them with forward ochos and the basic steps to add variety and improve navigation on the dance floor.



### **ART103 Argentine Tango, 4 sessions, \$60**

Mo. July 26-Aug. 16, 8:30-9:25pm (register by 7/19-\$45)  
Mo. Sept. 27-Oct. 18, 8:30-9:25pm (register by 9/20-\$45)  
Mo. Nov. 22-Dec. 13, 7:30-8:25pm (register by 11/15-\$45)  
Prerequisite: ART102; Instructor: Charles Roques

Introduction to tango vals (waltz) and how waltz tempo changes and creates variation in 6-and 8-count basic steps, cross-step basics and ochos, and quick-steps. How to combine pivoting, turning and collecting to create waltz step combinations, change from front to back ochos, interrupt ochos and walk inside and outside partner.

### **ART201 Argentine Tango, 4 sessions, \$60**

Mo. Aug. 23- Sept. 20 , 8:30-9:25pm (register by 8/16-\$45)  
NOTE: No class on Labor Day, September 6  
Mo. Oct. 25-Nov. 15, 8:30-9:25pm (register by 10/18-\$45)  
Mo. Dec. 20-Jan. 10, 7:30-8:25pm (register by 12/13-\$45)  
Prerequisite: ART103; Instructor: Charles Roques

Students will continue to polish fundamental skills with advanced exercises, how to do turns and changes of direction (media vueltas), alternating turns with partners (molinetes), corridas, and how to integrate them into their dance. Introduction to close-embrace dancing and how to adapt open-frame steps. They will continue to explore vals and will be introduced to milonga.

### **ART202 Argentine Tango, 4 sessions, \$60**

Mo. Nov. 22-Dec. 13, 8:30-9:25pm (register by 11/15-\$45)  
Prerequisite: ART201; Instructor: Charles Roques

Students will advance their technique and add to their steps with variations to the cross, adding paradass (stops), barridas (sweeps), and caidas (drops), leading alternate steps from the resolution, media lunas and ocho cortados.

### **ART203 Argentine Tango, 4 sessions, \$60**

Mo. Dec. 20-Jan. 10, 8:30-9:25pm (register by 12/13-\$45)  
Prerequisite: ART202; Instructor: Charles Roques

They will learn sacadas (displacements), how to do double molinetes, block the cross, double turns while walking, and offsetting the followers balance for barridas. They will continue with milonga and explore more options for the vals, including collecting and pivoting and adapting ochos.

### **Practice Dance-Argentine Tango Practica**

Mondays 9:30-10:30pm: \$5 cover. Free to students currently enrolled in any Dance With Me class series. This is a great way to improve and hone your dance skills.

## **Country**

### **TWS101 Two-Step, 6 sessions, \$80**

We. Aug. 4-Sept 8, 7:30-8:25pm (register by 7/28-\$60)  
No prerequisite; Instructor: Jim Criger

Learn fun and easy patterns for two-step, along with leading and following technique and dance concepts that will improve your dancing. You'll learn the forward basic, transition from forward line to back line and back line to forward line, lady's turn to promenade and wrap and throwout to closed.

### **TWS201 Two-Step, 6 sessions, \$80**

We. Sept 22-Oct 27, 6:30-7:25pm (register by 9/15-\$60)  
No prerequisite; Instructor: Jim Criger

This class will look at more advanced two-step patterns. We'll explore leading and following technique and basic rhythm changes, plus refine pivoting and spin technique for both leaders and followers to take your two-step to the next level.

### **Practice Dance-Country**

Wednesdays 8:30-10pm: \$5 cover. Free to students currently enrolled in any Dance With Me class series. This is a great way to improve and hone your dance skills.

## **Non-Partner Dances**

### **Thriller (6 drop-in classes), \$20**

Su. Sept. 19-Oct. 24, 6-7:25pm  
No prerequisite; Instructor: Anne & Andy Walls

Join us to learn the amazing choreography from the famous "Thriller."! We have 'scripted' the choreography, making it easy to learn! You can take as many of these classes as you like for \$20. All classes are the same, designed to help you learn the choreography by repetition. Bring your zombie vibe and dancing shoes and we'll see you there! Everyone is welcome! All ages! We will dress in costume and perform the dance on Saturday, October 30.

## **Introduction to Partner Dancing**

### **\$10 per person, per class**

Su. Sept 12-Oct 17, 7:30-8:25pm

Swing, Latin, Country & Ballroom

No prerequisite or pre-registration; Instructor: Varies

New to social dancing? This is a great opportunity to get your feet wet in the world of partner dancing. Each week, we'll offer a different dance, introducing you to leading, following and a few basic steps. This is a drop-in class, not a series, new students are welcome each week. No experience necessary.