

Satellite Community School Classes in JANUARY

Heritage High School-Tuesday-12 Weeks \$145/person **January 12 thru March 30**

6:30 Introduction to Social Dance I—Pat & Joe Sink

This class is for the beginner with “two left feet” or no formal dance instruction. It begins with the very basic exercise of walking to music and becoming aware of how to use your feet and stand properly. We will work on the basic patterns in Slow Dance, Waltz, Foxtrot, Tango, Rumba, Cha Cha, and Swing, concentrating on essential elements to strengthen your ability to dance with various partners which is great for building confidence! Taking this class may begin the start of many years of lots of fun in dancing.

Sanderson High School—Tuesday—8 weeks--\$95/person **January 12 thru March 2**

6:30 Introduction to Wheelchair Ballroom Dancing Tango and Swing— **Melanie Dale, Master Instructor**

Triangle DanceWheels has brought to the Triangle the first American-style ballroom syllabus, Wheel One™, for wheelchair dancing. This course will begin with exercises moving the chair to music. Learning patterns for the “walker” and continue to develop rhythm and lead and follow between the standing and the disabled student. The dances covered will be Tango and Swing. To be in this class you must be able to follow directions and to move your wheelchair in some way. Power and Manual chairs are acceptable. This is real face-to-face partner dancing. There are benefits for both partners ... It is so much Fun, Great Exercise, Fantastic Social Activity and Develops Better Posture. The training allows wheelchair users to execute moves with any standing partner that has experience with a traditional able-bodied dance syllabus.

Many able-bodied dance studios and rehabilitation centers are interested in using this syllabus in their institutions. Therapists and ballroom dancers are welcomed. Seminars for professional dance teachers and therapists will be held so that this method of wheelchair dancing can be taught to wheelchair users in their communities.

Anyone wanting to sponsor a student for this course can do so through the American DanceWheels Foundation as a Tax-Deductable Donation. Their website is www.americandancewheels.org

Sanderson High School—Tuesday—8 weeks--\$95/person **March 9 thru April 27**

6:30 Introduction to Wheelchair Ballroom Dancing Foxtrot and Rumba— **Melanie Dale, Master Instructor**

Same description as above except different dances covered.



Sanderson High School—Tuesday—14 weeks --\$900 (in 3 monthly payments) plus materials

January 12 thru April 13

7:30 til 9:30-- Junior Associate Rhythm I Prep with Master Instructor Melanie Dale

Learn how to dance and teach as leader and follower in the core rhythm dances: Cha-Cha, Rumba, and East Coast Swing

The Junior Associate Degree involves learning 1/2 of the Bronze Curriculum (normally 7 patterns in each dance)
Manual: DVIDA Bronze Level American Style Rhythm Manual

These courses have no prerequisites; they are open to dancers of any level. It does require commitment to study and determination. Following the course the students will have an opportunity to take the Junior Associate Certification Exam with Dance Vision International Dance Association for an additional fee. This is not a requirement.

Materials Required

The DVIDA Manuals (please check for which manual is required for each session) and NCBTC Binder are required textbooks for the course. The accompanying DVIDA videos are recommended, but optional. The DVIDA Bronze Manuals and videos are available from Dance Vision, and may be ordered online. A Teaching Binder is provided in class at a cost of \$85 + tax. The binder will be used in all sessions of the college that will be offered so it is a one-time-only purchase. In addition, the Rhythm DVIDA Manual must be purchased at a cost of \$99 plus shipping from www.dancevision.com, since this will be your syllabus text book.

Shoes

All students will be expected to have proper dance shoes by the second class meeting. This is not an arbitrary aesthetic or fashion consideration. To teach dance, you need the "right tool for the job", and proper dance shoes are literally the foundation for your dancing!



Athens Drive High School—Tuesday—8 weeks--\$95

January 12 thru March 2

6:30pm--Junior Carolina Shag I with Neal Bodenstab

A Step to Gold Ballroom is offering a special class to the younger set, ages 14 to 18. Now is your chance to learn one of the dances that your parents used to do (and may still do) when they went or now go to the beach.

Come enjoy 8 weeks of Basic Carolina Shag dance instruction with a 15+ year **A Step to Gold** dance instructor.

The curriculum consist of learning the basic steps, proper form (dance position), & floor Etiquette. There will be a different step each week. Depending on the proficiency of the class there will be some additional steps taught.

A Step to Gold International Ballroom

Last Updated 12/09/09

March 9 thru April 27

6:30pm-Junior Shag II with Neal Bodenstab

This is an advanced 8- week class.

Course will include review of steps learned in Junior Shag I, a variety of mirror and male/female steps. Male/female lead steps consist of individual steps or as some say "Hot Dog" dance movements. Mirror Steps such as the 'Sugarfoot,' and 'Point' are steps that are performed in open & closed position with partners 'mirroring' each other.

The instructor is interested in the possibility of starting a Junior Shag Club. For more information: <http://www.juniorshaggers.com>

Additional Requirements: Students under the age of 16 must be accompanied by an adult. Junior Shag II must have attended Junior Shag I or equivalent dance skills.

7:30pm-- Junior Carolina Shag I with Neal Bodenstab

A Step to Gold Ballroom is offering a special class to the younger set, ages 14 to 18. Now is your chance to learn one of the dances that your parents used to do (and may still do) when they went or now go to the beach. Come enjoy 8 weeks of Basic Carolina Shag dance instruction with a 15+ year **A Step to Gold** dance instructor. The curriculum consist of learning the basic steps, proper form (dance position), & floor Etiquette. There will be a different step each week. Depending on the proficiency of the class there will be some additional steps taught.

Athens High School-Tuesday- **12 Weeks \$145 January 12 thru March 30**

6:30 Introduction to Social Dance I—Amanda Shannon instructs

This class is for the beginner with "two left feet" or no formal dance instruction. It begins with the very basic exercise of walking to music and becoming aware of how to use your feet and stand properly. We will work on the basic patterns in Slow Dance, Waltz, Foxtrot, Tango, Rumba, Cha Cha, and Swing, concentrating on essential elements to strengthen your ability to dance with various partners which is great for building confidence! Taking this class may begin the start of many years of lots of fun in dancing.

8 weeks--\$95

7:30 Beginner Salsa and Cumbia—Amanda Shannon instructs

Want to go to the Latin Clubs but just don't feel comfortable enough to dance? This class will get you started on the right foot!!! Learn the basics and have loads of fun with your friends or acquaintances.

