

## **CLASS DESCRIPTIONS**

## **Stanford Waltz Week**

9:00 **Warmups and Body Preparation** Joan *All levels*

A small investment of twenty minutes at the beginning of the day will make a large difference in the remaining eight hours. We and past dance week participants consider these sessions essential for maintaining optimum health and energy for the week.

9:30 **Cross-Step Waltz** Richard with Kimber Rudo *All levels*

From the basics to the most interesting Cross-Step Waltz variations, including many which were not taught last year. Richard's list of cross-step waltz variations is now up to 105, many of them new in the past year. Richard will also emphasize partnering, enabling you to lead a dance partner through something you just invented, or follow anyone through variations you've never seen before.

9:30 **Salsa** Anne Mon-Wed, Jodi Thurs-Fri *All levels*

Salsa wraps, spins, and dips. Learn a variety of showy moves that are quite leadable. Salsa wraps are a fun and surprising way to get closer to your partner. Anne will cover spin technique for more balanced spins and less dizziness. As well the class will learn one new dip at the end of each class.

10:50 **Mastering Waltzing** Joan with Kimber Rudo *All levels*

For those who are already competent in one or two waltz styles, but wish to become fluent in others. With partnering pointers and variations to raise your level of waltzing several notches, each day will cover a different waltz subject while reviewing the previous day's waltzes and previewing the next.

10:50 **West Coast Swing** Anne *All levels*

How to look cool and feel great with West Coast Swing. We all want to be the best partner we can be, and a large part of that is how your connection feels to your partner. Partnering in West Coast Swing is highly dynamic and frequently misunderstood. Anne will be explaining how to use your partnering to make both of you feel great. Inherent in good partnering is good posture and footwork, which will not only make you feel great, but look good while you're doing it.

10:50 **Honkey Tonk Two Step** (Thurs/Fri) Matthew *All levels*

Found today in many dance halls throughout the American West, two-step's basic rhythm is found in many dance patterns and can be used with a wide variety of music.

10:50 **Swing Musicality** Jodi *All levels*

The greatest joy of dance is connecting with a partner and letting the music "dance you." Swing musicality will begin with 6 count ("East Coast") swing, add elements of Lindy (no Lindy experience required), jazz movement, partnering skills and go from there. Come prepared to sweat and have fun!

1:30 **The Outer Reaches of Waltz** Richard with Kari Doyle *Intermediate level*

Do you already waltz? Viennese, rotary and Cross-step are only the beginning. Here's a chance to learn the waltzes which are rarely taught. Canter pivots are one of Richard's favorite rotary waltz variations, then those will become the Hambo, an odd but widespread waltz-pivot that uses the same principle as the Wankel engine. The oddest waltzes are in 5/4 and 7/4 time, and we'll include some of the more interesting Zwiefachers.

1:30 **Hesitation Waltz, Ragtime Fox-Trot, Jazz Era Waltz, Java** Monica & Ryan *All levels*

A few elegant classics from the early 20th century, some of which have faded away and some which are still useful to know today.

1:30 **Argentine Tango & Vals** Matthew *All levels*

A dance born in Buenos Aires during the earliest days of the last century, Argentine tango is now popular all over the world and considered by many as the ultimate partner dance. The class will emphasize five dance connections: connection to music, connection to partner, connection to self, connection to floor, and connection to community.

2:45 **Fusion Waltz** Jodi and Ari *All levels*

For those slow tempos, this 'spotlight' waltz style mixes elements of Tango, the sensuality of Salsa with the flow and grace of Waltz.

2:45 **The Fast Track to Lindy Hop** Ryan & Monica *All levels*

This is where swing began, and is still very much alive today, especially in the Bay Area. Ryan & Monica will take it from the basics to fun and danceable variations. Includes popular jazz steps like Shorty George, so you can join Big Apple jams.

4:00 **Blues and Night Club Two Step** Ari and Jodi *All levels*

This low, down smoky blues style is all about connection and expression. You can mix this style in with traveling blues, or most any other dance form. We must warn you -- one of these moves may or may not be illegal in three states. Nightclub two-step is known for its floating feeling. Danced to romantic, pop ballads, there is no end to its applicability.

4:00 **Waltz & Mazurka Waltz variations** Joan w/ Tracey Powers *Advanced/High Intermediate*

Mostly from the 19th century, with some newer variations. This is a class that bears repeating; very few can pick up the steps, the technique and the style after one or two exposures. Brush up on the fancy footwork and variations of the Mazurka Waltz, also known as the Redowa Waltz.