

Wednesday Night Ballroom Class

For East Coast Swing (Slow Jive)

FIRST NIGHT FREE- NOVEMBER 6

When: Wednesday Nights 7:00-8:00 pm

Where: Leisure World Rec 1 Classroom

Cost: \$10/person/class- pay at the door (cash or check only)

| Dates | Tentative Figures to be Taught |
|--------------|---|
| 11/6/24 | Introduce: Chasse Left & Right, Fallaway Rock, Basic Rock |
| 11/13/24 | Review Chasse Left & Right, Fallaway Rock, Basic Rock Introduce: Fallaway Throwaway, Link Rock |
| 11/20/24 | Review Chasse Left & Right, Fallaway Rock, Basic Rock, Fallaway Throwaway, Link Rock Introduce: Turning Fallaway Rock, Turning Link Rock |
| 12/4/24 | Review Fallaway Throwaway, Link Rock, Turning Fallaway Rock, Turning Link Rock Introduce: Change Places Right to Left, Change Places Left to Right |
| 12/11/24 | Review Turning Fallaway Rock, Turning Link Rock, Change Places Right to Left, Change Places Left to Right Introduce: Shoulder Shove |
| 12/18/24 | Review Change Places Right to Left, Change Places Left to Right, Shoulder Shove Introduce: Windmill |
| 1/8/25 | Review: Shoulder Shove, Windmill Introduce: Spanish Arms |
| 1/15/24 | Review Windmill, Spanish Arms Introduce: Change Hands Behind the Back |
| 1/22/25 | Review Spanish Arms, Change Hands Behind the Back, Introduce: Miami Special |
| 1/29/25 | Review Change Hands Behind the Back, Miami Special, Introduce: Pretzel Turn |
| 2/5/25 | Review Miami Special, Pretzel Turn Introduce: American Spin |
| 2/12/25 | Review Pretzel Turn, American Spin Introduce: Triple Wheel |
| 2/19/25 | Review American Spin, Triple Wheel Introduce: Continuous Chasse |
| 2/26/25 | Review Triple Wheel, Continuous Chasse Introduce: Neck Slide |
| 3/5/25 | Review Continuous Chasse, Neck Slide Introduce: Link to Whip Turn |
| 3/12/25 | Review Neck Slide, Link to Whip Turn Introduce: Stop & Go |
| 3/19/25 | Review Link to Whip Turn, Stop & Go Introduce: Sole Tap |

Join the class at any time, pay for only the classes you attend. East Coast Swing or Slow Jive is a versatile rhythm, which can be done at various speeds and with lots of types of music.

For More Information Contact:

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