

2014 ALHC Class Schedule

May 30, 31 and June 1, 2014

Numbered classes are continuous.

Jazz classes are for all levels.

Classes with an * require a partner.

Note: All classes, except the Friday pre-party classes, are 1.25 hours in length. You are free to attend any level class that interests you.

	Fri. Beg.	Fri. B/I	Fri. I/A	Sat. Beg.	Sat. B/I	Sat. I/A	Sun. Beg.	Sun. B/I	Sun. I/A
10 am				Evin & Noah Moving Beyond the Counts	Bobby & Kate Balboa 3	Lennart Lindy and Musicality	Rob & Diane Know Your Swingout	Catrine Putting Vernacular Jazz Steps in Lindy	Lance & Rebecca Navigating 1920s Blues
11 am :30				Rebecca Trankey Doo	Catrine Let's Do the Peabody	Rob & Diane Slides, Spins, Turns in Lindy	Lennart Lindy Hop Rhythms	Rob & Diane Powers of Deduction - 6 count or to 8 count	Bobby & Kate Balboa 5
12 PM :45				lunch break					
1 PM							Ballroom opens		
2 PM :15 :30 :45				Lance & Rebecca Shag From back in the Day	Lennart Old School Jazz	Evin & Noah Lift. Drops & Trickerations*			
3 PM	Bobby & Kate Balboa 1	Evin & Noah Lindy Moves, Style & Shine	Catrine Cakewalk		3:30 Ballroom opens				
4 PM :45	Catrine Lindy Basics	Bobby & Kate Balboa 2	Paulette Going for the Gold: Putting on a Show*						
5 PM :30									
6 PM :30									
7 PM :30	These classes are 1 hour and start at 7:45pm.			Rob & Diane Putting Jazz Steps in Lindy	Catrine & Lance Charleston	Bobby & Kate Balboa 4			
8 PM :30									
9 PM	Ballroom opens for dancing			Ballroom opens for dancing					

CLASS DESCRIPTIONS

Balboa - Balboa is a type of Swing dance originating from Southern California in the 1930's. Swing dance is mostly associated with the music at the time, the Swing and Jazz era in America from the 1930's. There are 2 kinds of Balboa Pure Balboa and Bal-swing. Pure Balboa is a close-hold partner dance with two roles, lead and follow and involves dancing in the closed position the whole time. Bal-Swing is a combination of Pure Balboa and yet another dance invented in 1930s Southern California called "Swing." In its original form, "Swing," a melting pot of many different steps, turns, and kicks, was danced before Lindy Hop was brought to the West Coast of the U.S.

Going for the Gold - Putting on a Show - Learn some fancy moves designed to impress an audience or judges while emphasizing on teamwork, technique and musicality. Partner required.

How you can tell to do a 6 or 8 Count Move - Rob & Diane take the mystery away on how to lead and follow a 6 or 8 count move. They'll help the leaders make it clear and help the followers understand and follow.

Lifts, Drops & Trickerations - Partner required. Aerials and drops are a fun way to jazz up dancing within contest and show dancing.

Lindy Hop - the father of all swing dances came to be in the late 1920s, took to the air in the 1930s, charmed the world in the 1940s all the while evolving to be jazz music of the time. It is still a melting pot holding thousands of dance steps, combinations, drops, lifts and airsteps that are used to choreograph routines, improvise sequences of 6 and 8 count steps although it's principal basic is an 8-count step called (depending on the style) a swingout or a whip.

Lindy Hop Rhythms - an introduction to the lindy hop from the point of view of rhythms instead of counting and an overload of technical details.

Moves, Styles & Spins - Spice up that Swing-Out! Kick your Charleston into overdrive! Sauce up your 6-count! With some new moves, some technical refinement, some awesome new footwork and stylish variations.

Moving beyond the Counts - This class will connect your sixes and eights, give you some quick four-count moves, some two-count embellishments and some super secret Masonic-like power moves to impress.

Let's Do the Peabody - The Peabody is a closed position ballroom dance from the early 20th century. It is a fast, one-step dance done to ragtime music.

Vernacular Jazz - old-school jazz dancing focusing on rhythm and timing rather than contemporary influences.