



Effective 10.01.2009, Draft version 2

With the exception of the acrobatic classes you can **freely choose the classes** at the Camp. The acrobatic classes are limited to 15 couples. Sign-up is every morning at the Check-In.

Normally the Dips & Tricks classes have no partner rotation. Please respect your skill level, otherwise you and your fellow students won't have a good time. ☺

The class type indicators give you a better understanding of the class emphasis:

T=Technique, F=Figures, R=Routine, TH=Theory

Boogie Woogie Beginner

No dance knowledge required! This track starts right from the beginning. The beginner track is also recommended to the dancers who want to refresh their Boogie Woogie basics.

6 Count Basic And Basic Moves (Olivier & Natasha)

(F, T) Learn the 6-Count Basic and basic moves like the Under Arm Turn, The Shoulder Grip, and Changing Places.

Turns & Spins (Hasse & Marie)

(F, T) Spin around! Turns & Spins are one of the most important elements in Boogie Woogie. Learn different kinds of Turns and Spins and when to use them.

Fun Stuff (Andreas & Jessica)

(F) After you mastered your Boogie foundation it's time to expand your vocabulary with some fun stuff.

Boogie Woogie Beginners/Intermediate

Minimum requirement for the beginners/intermediate Boogie Woogie classes is the foundation as taught in the Boogie Beginners track: 6-Count Basic, Shoulder Grip, Change Places, Under Arm Turn.

Spins & Turns (Jørgen & Aina)

(T, F) - In this class you will learn theory and spin technique. You will also learn some spin variations.

Classic Moves (Andreas & Jessica)

(F, T) - Spice up your repertoire with some cool classic moves.

Boogie Appetizers (William & Maeva)

(R) - You have some knowledge and love the Boogie Woogie, come learn more!

The Basic Step & Beyond (William & Maeva)

(F, T) - If you know the basics steps and want to learn more just expand your knowledge of Boogie Woogie.

Lead & Follow (Marcus & Bärbl)

(T, F) This is one of the most important things you have together - you and your partner. Work on the most important foundation and learn the tricks and secrets for a smooth and effortless communication between you and your partner.

Fun & Tricky (Hasse & Marie)

(F) - Small things that make your dancing more interesting.

Footwork Variations (Andreas & Jessica)

(T) - Different basics steps and footwork variations for basic moves

How To Use Figures With Momentum (Olivier & Natasha)

(F) - Learn new figures with momentum and how to use them in your dance.

Dancing To The Music (Jørgen & Aina)

(TH, F) - Theory and practice of musicality: Learn how to use the music in your dance.

Boogie Woogie Intermediate

Minimum requirement for the intermediate Boogie Woogie classes are the most characteristic basic figures of Boogie Woogie: 6-Count Basic, Shoulder Grip, Change Places, Under Arm Turn and Right/Left Turns.

Boogie Moves (Andreas & Jessica)

(F) - Figures with a typical authentic Boogie feeling

8 Count And 6 Count Whip In Boogie (Olivier & Natasha)

(T) – If you want to be a master in 8 Count and 6 Count Whips in Boogie so this class is for you!

Fancy Variations (Jørgen & Aina)

(F, T) - In this class you will get some fun and fancy variations. You will also learn some tricky technique.

Challenge Your Dance (Andreas & Jessica)

(F, TH) - How you can change your dance in a simple way and make it even more interesting.

Boogie Mad (William & Maeva)

(F, T) - The madness of Boogie Woogie you realize ... it's crazy for you!

Lead & Follow (Marcus & Bärbl)

(T) - This is one of the most important things you have together - you and your partner. Work on the most important foundation and learn the tricks and secrets for a smooth and effortless communication between you and your partner.

Syncopations (Jørgen & Aina)

(F, T, TH) - In this class you will learn some small variations that can be used to play with the music.

Cool Footwork (William & Maeva)

(F, T) - Discover various footwork to put in your dancing and integrate them into music.

Pump It Up (Hasse & Marie)

(T) - How to dance to faster tempo and still save energy.

Boogie Woogie Advanced

To join this class level for Boogie Woogie you should dance Boogie Woogie for quite a while on a regular basis. You should know your steps and figures very well and be prepared and up for new challenges. You are comfortable dancing to slow and to fast tunes in a connected and fluid way. You look forward to really working on the quality of your movement and your musicality, as well as lead and follow at a more refined level.

Expression & Body Movement (William & Maeva)

(T, F) - Expand your knowledge of Boogie Woogie with some movements and expressions due to lead and follow.

Music Interpretation (Jørgen & Aina)

(TH, F) - In this class you will get theory and practice of musicality. You will learn how to use the music in your dance.

Changing The Speed (Hasse & Marie)

(T, F) - Go fast and slow using different figures and leading to make it happen

Dips & Tricks (Jørgen & Aina)

(F, T) - In this class you will get special moves with drops and lifts.

Boogielicious Rhythms (Andreas & Jessica)

(T, F) - Working with rhythms into the dance

Music Interpretation And Body Leading (Olivier & Natasha)

(R) – Let's play with a routine based on music interpretation and body leading.

Fast Technique & Show (William & Maeva)

(F, T) - You like the musicality of Boogie Woogie? Then don't hesitate and you will see original movements and techniques appropriate to do YOUR show!!

The Three Pillars Of Boogie (Marcus & Bärbl)

(T, F) – Not only specific to Boogie Woogie, the base pillars to all couple dances are the three "T"s: Technique, Timing and Teamwork. In this class we want to address the most important concepts for good dancing based on the three "T"s.

Social Moves (Andreas & Jessica)

(T, F) - Nice and fun figures which are working on the social dance floor

Balboa / Bal-Swing Beginner

No dance knowledge required! This track starts right from the beginning. The beginner track is also recommended to the dancers who want to refresh their Balboa basics.

Balboa Basics, Come Around (Olivier & Natasha)

(F, T) - Learn the foundation of Balboa, the Double Time Basic, The Single Time Basic, and the Come Around.

Throw-Out & Inside Turn (Dave & Kim)

(F, T) - Learn the Throw-Out and the Inside Turn, the most characteristic moves for Bal-Swing

Lollies, Both Cross Break (Bernard & Anne-Hélène)

(F, T) - Extend your vocabulary and play with moves and variations.

Balboa/Bal-Swing Beginners/Intermediate

Minimum requirement for this level is the material from the Beginner class track.

Pure Balboa (David & Heather)

(F, T) - At the dawn of time, Balboa was danced exclusively in closed position. Discover some 'Pure Bal' vocabulary!

Build Tricky Moves Out Of Basic Moves (Bernard & Anne-Hélène)

(T, F) - It's so important to have good basics ... so we will first review a basic move, then use it and change it into a cool move.

Essentials Of Bal-Swing (Zack & Maryse)

(T) - View or review a few of the essentials of Bal-Swing!

Lollie Kicks Variations (Zack & Maryse)

(T) - Re-discover this classic Balboa move with fresh styling and rhythm variations.

Easy Throw Out Combinations (Olivier & Natasha)

(F) - Multiply your possibilities to play with Throw Outs learning new Combinations

Swivels & Twists (Dave & Kim)

(T, F) - Learn to show off the girl with swivel and twist patterns

Bal-Swing: Exploring the Outs & Ins of Balboa (Mickey & Kelly)

(T, F) - Fun ways to use and explore the OUT and IN patterns within Bal-Swing

Sweet Fundamentals: Basic Moves That Feel Good And Look Stylish (Juan & Sharon)

Balboa that feels good and looks stylish is all about strong basics. Revisit your Balboa fundamentals from a new point of view.

Smooth Bal-Swing Transitions (Jeremy & Laura)

(F, T) - Learn some variations to transition between Bal-Swing moves

Balboa/Bal-Swing Intermediate

Minimum requirement for the intermediate track are the Basics, the Come Around (Break Turn) and some basic figures as Ad-Libs, Lollies, Throw-Out, Inside Turn.

Breaking Free (Nick & Carla)

(T, F) - Are you stuck doing the same transitions? We will work on new and interesting Balboa/Bal-Swing transitions so you can make social dancing more exciting.

Rhythm and Turn Variations (Jeremy & Laura)

(F, T) - Add some unique variations to your Balboa and Bal-Swing

Transitions (Mickey & Kelly)

(F) - Finding fun ways to transition from Balboa into Bal-Swing and back

Cool Moves & Footwork (Bernard & Anne-Hélène)

(T, F) – First you take a move, then you make it flashy, then both follows & leads put their own footwork in it.

Bal-Swing: Mix It Up! (David & Heather)

(T, F) – Switching hands, sides, directions, endings...—how to create content/variation by mixing up the things you already know to come up with something new

Improvise In Balboa For Leaders And Followers (Zack & Maryse)

(T) - Too often Balboa is seen as a men's dance with very few opportunities to improvise. Prove the myth wrong with this class.

Pure Balboa Footwork (Olivier & Natasha)

(T) - Pure Balboa Footwork to shake your brain and your feet.

Swivels & Twists (Dave & Kim)

(T, F) - Sweet swivel half time pattern

Spin, Spin, Spin (Mickey & Kelly)

(T, TH) - Learn easy ways to create turn combinations in your Bal-Swing as well as how to lead and follow various turns within the dance.

Balboa/Bal-Swing Advanced

To join this class level you should dance Balboa/Bal-Swing on a higher level already for quite a while on a regular basis. Basic variations and figures as Lollies, Inside/Outside Turn, Throw-Out, Come Around, Adlibs etc. should be absolutely NO problem for you. You know your steps and figures very well and are prepared and up for new challenges.

Variations & Syncopations (Bernard & Anne-Hélène)

(T, TH, F) – Change the rhythm of a move, syncopate it, and lead and follow the syncopation.

Its Not What You Do, But The Way That You Do It (Mickey & Kelly)

(T, TH, F) - Finding and expressing ones individuality in the dance. Learn new ways to both respect and branch away from common thoughts and ideas of Balboa and Bal-Swing.

Challenge! (David & Heather)

(F, T) – Something challenging from the forefront of what David and Heather find new and exciting.

Looking Good (Nick & Carla)

(F, T) - It's time to take your Balboa and Bal-Swing and dress it up with great styling.

Challenge With Tricky Moves (Bernard & Anne-Hélène)

(T, F) – Use a basic move, make it flashy, make it crazy...

Bal-Swing & Balboa: Bal Madness (Mickey & Kelly)

(R, F, T) - A fun routine packed with new steps and ideas to put into your own dancing.

That Was Awesome! (Jeremy & Laura)

(F, T) - Make your partner and audience say "That Was Awesome!"

Apache Variations (Zack & Maryse)

(F) - A few variations of the Apache. Let's see what we can do besides the Maxie Slide!

Rhythm Variations (Olivier & Natasha)

(T) - How to add and use rhythm variations in your figures

Lindy Hop Beginner

No dance knowledge required! This track starts right from the beginning. The beginner track is also recommended to the dancers who want to refresh their Lindy Hop basics.

8-Counts (Dave & Kim)

(F, T) – Learn the foundation of Lindy Hop, like the Swing Out, the Lindy Turn, the Lindy Circle, and the Double Turn

Lindy Charleston (Paul & Natasha)

(F, T) – Get those kicks! Spice up your Lindy with fancy Charleston moves to have more excitement and fun on the dance floor.

6-Counts & 40s Boogie Steps (Juan & Sharon)

(F, T) – Complete your Lindy with 6-count moves and the classic Boogie Solo steps.

Lindy Hop Beginners/Intermediate

Minimum requirement is the material from the Beginner class track. You need to know the Lindy 6-count and 8-count basic, the Swing Out and the Charleston basic

Swing Out (Mickey & Kelly)

(T, TH) - Exploring how to better execute your Swing Out while also adding some basic variations into your steps.

The Classic Jig Walk (Sakarias & Frida)

(F, T) - Start to get comfortable in faster tempi and learn this classic basic step, together with some new variations.

6s vs 8s (Nick & Carla)

(T, TH, F) - Learn to move fluidly through 6 and 8 counts.

The Three Pillars of Lindy (David & Heather)

(T, TH) – A focus on the three pillars of great Lindy lead/follow mechanics: the generation & redirection of momentum between partners (versus working separate from or against your partner), swivel as a

consequence of this momentum (versus merely a disconnected styling), and counter-balance (sharing weight with purpose versus dead weight). Together these three principles will improve both the look and feel of your dancing, and are the crucial mechanical foundations necessary for advanced musicality and phrasing.

Lindy Charleston Variations (Jeremy & Laura)

(F) - Incorporate cool Charleston variations into your Lindy Hop!

Everybody's Truckin' (Juan & Sharon)

It's the fun dance craze that started in the 1930s, and now it's back! Learn how to slide Truckin' moves into your Lindy Hop, with Sharon and Juan.

The Re-Direction Connection (Dave & Kim)

(T, TH) - Re-directing the follows body placement to create fun new moves

Dancing To The Music (Hasse & Marie)

(T, F) - Listen to the music and make things that fit to it.

Improving Partner Connection (Vincenzo & Isabella)

(T, TH) - Learn to establish a better connection with your partner to create wonderful social dances.

Lindy Hop Intermediate

Minimum requirement for the intermediate Lindy Hop classes are a firm control of the characteristic basic figures of Lindy Hop like Swing Out, Circle, Charleston Basic, Boogie Steps, and the ability to mix 6-count and 8-count figures in harmony with the music.

Changing The Speed (Hasse & Marie)

(T, F) - Go fast and slow using different figures and leading to make it happen

Swing Out Styling/Jazzin' Up Your Lindy Hop (Nick & Carla)

(F, T) - Swing Out Styling – Just as it says, let's do some Swing Out styling. We will do both lead and follow stylings as well as stylings you can choose on your own. We also will spice up your Lindy Hop with great jazz steps that both leaders and followers can include.

Wanna Slide (Vincenzo & Isabella)

(T, F) - Then let's make it happen! The name says it all! Bring shoes with a slippery sole.

Rhythmic Variations and Styling (Jeremy & Laura)

(F) - Add syncopations to your figures and styling to look unique.

Hot Moves (Mickey & Kelly)

(F, T) - Learn some new moves and patterns to spice up your dancing.

Spirit of Southern California Lindy (David & Heather)

(T, TH) – What every Lindy dancer should know about Dean Collins & (particularly) Jewel McGowan's contribution to the overall evolution of Lindy, and what you can learn from them to improve the look and feel of your own dancing even if you don't want to dance exactly like them.

Leon James Moves For Leaders and Followers (Juan & Sharon)

Leon James, one of the original Whitey's Lindy Hoppers, is still one of the greatest inspirations for Lindy Hoppers today. Get into Leon's groove and learn some Leon James inspired moves and styling, for both leads and follows.

Rhythmfy Your Lindy Hop (Sakarias & Frida)

(F, T) - Learn to play around with your footwork, get ready for some new spectacular exciting rhythmical moves.

Lindy Charleston (Kim & Dave)

(R) - Charleston routine for Lindy Hop with syncopated footwork

Lindy Hop Advanced

To join this class level for Lindy Hop you should dance Lindy Hop for quite a while on a regular basis. You should know your steps and figures very well and be prepared and up for new challenges. You are comfortable dancing to slow and to fast tunes in a connected and fluid way. You look forward to really working on the quality of your movement and your musicality, as well as lead and follow at a more refined level.

Fast & Wild (Sakarias & Frida)

(F, T) - A mix of technique, Charleston, fast music and craziness

Advanced Vintage Footwork (Juan & Sharon)

If you want to step-over like Al Minns, fly it like Hal Takier, swivel like Jewel McGowan, layout like Frankie Manning or boogie like Sandra Gibson? Don't know any of these names? Don't worry, you will! Explore the styles and learn some signature footwork, to get inspired by Lindy Hop's rich heritage.

Movie Moves (Dave & Kim)

(T) - Learn moves taken straight out of your favourite vintage movies: like flyin' Hals and the rhythm circle.

Lindy Hop And Charleston: Hot New Transitions (Mickey & Kelly)

(F, T, R) - Finding new and exciting ways to transition between dances is becoming more and more important these days as our swing vocabularies grow. So join us in finding some fun ways to transition from your Lindy Hop into Charleston and back again.

Make It Interesting (Hasse & Marie)

(T, F) - Mix tempo and speed, make a difference in you dancing

Advanced Creativity (Jeremy & Laura)

(F, TH) - Learn how to create new moves and stylings in response to your partnership

Lindy Magic: Fast & Dynamic Routine (Vincenzo & Isabella)

(R) - Explore the fun and excitement of Lindy as we put everything together into a dynamic routine.

Chupacabra! (David & Heather)

(F, T) – A cool idea for a figure (with a stupid name) actually motivated by an aerial but which is completely leadable on the social floor while staying (pretty much) on the ground.

Rhythm Nation (Nick & Carla)

(T, F) - Break away from the basic rhythms and boring patterns to add exciting new rhythms that you can lead/follow or choose on your own.

Competition Track Boogie Woogie, Lindy Hop, Balboa/Bal-Swing

The competition classes are designed for competing couples or couples who want to compete in the future. You need to have a partner for this class.

Boogie Woogie Competition:

Slow Dancing (Hasse & Marie)

Slow dancing is more than just dancing to slow music. Come to the class to see what we've got!

How To Be A Complete Dancer? (Jørgen & Aina)

(TH, T) - In this class you will get theory and practice how to be a more complete dancer.

Rip It Up! (Andreas & Jessica)

(T, F, TH) - Keep the dance excited, dancing to music & audience

Lindy Hop Competition:

Different Aspects, Spotlights, Endurance ... (Sakarias & Frida)

(F, T, TH) - We are going to try different aspects of competition such as spotlights, endurance and so on.

Lindy Arena (Nick & Carla)

(TH) - We will simulate Lindy competitions and practice how to become better and more comfortable on the spot.

What Can We Learn From The Masters? (Vincenzo & Isabella)

(T, TH) - Studying the music, the pattern and how to work on that.

Balboa & Bal-Swing Competition:

Compete! Examples & Guidance (Mickey & Kelly)

(T, TH, F) - Here we will discuss many ways the dance has grown today and the differences in the way it is done. We will both be giving examples and guidance as well as taking specific questions from the class.

Balboa Arena (Jeremy & Laura)

(T, F) This class will focus on the balance between good solid technique, and flash to grab attention, we will practice by making a fake competition setting.

Tricky Figures For Competitions (Olivier & Natasha)

(F) - Learn new tricky moves to improve your skills for competitions.

Shag Beginner/Intermediate

No dance knowledge required! This track starts right from the beginning. The beginner track is also recommended to the dancers who want to refresh their Shag basic and the basic figures.

Shag Basics Made Easy (Jeremy & Laura)

(F, T) - Learn Basic Collegiate Shag steps and ALL the tricks to make it easy!

Breaks & Turns (Dave & Kim)

(F, T) - Add variations and a different look to your Shag with breaks and turns.

Fun Shag Patterns (Paul & Natasha)

(F, T) - Spice up your Shag with new, fun and leadable moves.

Shag Intermediate

Minimum requirement for this level is the foundation as taught in the Shag Beg/Int track. You need to be firm in your basic step.

Breaks & Variations (Paul & Natasha)

Add variations and a different look to your Shag with Break Timing.

Shag Traditional Steps (Lance & Shannon)

(T, TH, F) - This class in double time shag will cover some of the traditional favorite steps from the 1930s. Lance, having studied with original-era shag dancers, knows many authentic steps to this fun energetic dance.

Fun Shag Moves (Nick & Carla)

(F, T) - Add new, fun and leadable moves to your Shag repertoire.

Shag Advanced

In this level you should have quite some Shag experience and a good foundation and be ready for new challenges.

Beyond Slow Slow Quick Quick - Discover New Rhythms (Zack & Maryse)

(T) - Discover new rhythms to incorporate in your Collegiate Shag.

Shag Shine Steps (Jeremy & Laura)

(F, T) - Make your shag stand out with cool moves, individual Footwork Variations and Technique for looking Stylish!

Double Time Shag - Arthur Murray (Lance & Shannon)

(T, TH, F) - Lance learned Shag from Tom Gallagher, who choreographed and appeared in the Arthur Murray Shag film and Betty Montgomery who taught at Arthur Murray's main studio in Manhattan. These are some of the steps and styling he learned from them.

Show Tricks & Air Steps

You need to be physical fit for these classes. A partner is required. Each class is limited to 15 couples. You need to register in the morning of each day at the check-in counter.

Flying Low & Fast (Juan & Sharon)

Learn about the low and fast dynamic that makes Lindy Hop air steps different from acrobatics in other dance styles (such as Boogie Woogie or Rock 'n Roll). Learn the techniques to achieve this unique dynamic, whilst learning some classic Lindy Hop aerials.

Pancake With Syrup (Zack & Maryse)

(T) - We all love this classic Lindy Hop aerial: now let's see what else we can do with it.

Jammin' Combos (Jeremy & Laura)

(TH, F) - Learn how to put together flashy moves and tricks into a combo to create flow and excitement.

Gil And Nicki's Kay Flip (Dave & Kim)

(T, F) - Learn Gil and Nicki's Kaye Flip as seen in the "Don't Knock The Rock" Film

Favourite Moves (Sakarias & Frida)

(F, T, TH)

Over The Head (Vincenzo & Isabella)

(F, T) - Let's jump over the head of the guy and land safely on the other side.

Up Up And Away With New Variations! (Nick & Carla)

(T, F, TH) - Are you tired of the same old tricks and aerials? So are we. Here are some new and interesting variations.

Fun Dips & Tricks (Jørgen & Aina)

(T, F, TH) - In this class you will learn some fun and crazy lifts and dips.

French Touch (William & Maeva)

(T, F) - Movements and special lifts invented for you

20s Charleston

For the Solo & Partner Charleston classes you should have some prior knowledge of Charleston. The classes increase in difficulty. To join the Charleston Routine class you need to know the Charleston basic and be able to keep the rhythm.

Charleston Routine (Vincenzo & Isabella)

(R) - We are working on some Charleston Classic steps mixing partner Charleston and solo Charleston. The solo Charleston will be referred to the other part of the couple.

Partner Charleston Transitions (Nick & Carla)

(T, F) - Break away from the cliché Charleston variations with new and unique transitions.

Advanced 20's Charleston (Sakarias & Frida)

A solo Charleston class for advanced dancers, we will bring our personal styles and excitement for this dance.

Vernacular Jazz

The first class has no requirements. For the other classes knowledge of basic vernacular jazz moves is recommended.

Fundamental And Classic Jazz Moves (No Routine) (Sakarias & Frida)

(T, F) - We are going to work with some of the fundamental and classic jazz moves connected to the golden age of swing. This class will not be choreography based but more focused on understanding and executing the steps.

Traditional Elements Spiced Up (Vincenzo & Isabella)

(F) - Let's take some traditional steps and let's mix and change them into something new and fancy!!!

Happy Feet: Mixing 1920s Charleston Elements And Hot Vernacular Jazz (Juan & Sharon)

(F) - Sharon and Juan are both solo jazz champions. Learn their latest routine and get a taste for their particular style of 1920s Charleston and hot vernacular jazz.

Lead & Follow

This track will work specific on the different aspects of Lead & Follow and requires a firm foundation. The teachers may concentrate on a specific dance, but the principals can be adopted in any couple dance.

Essential Principles For Leaders And Followers (Hasse & Marie)

(T) - Technique on how to react on leading and how to give good leading.

Hesitations And Stretch Dynamic (Nick & Carla)

(T, TH) - Just as it says, we will work on these techniques in Lindy Hop that can result in better lead and follow and better musicality.

Frida and Zacks Thoughts about Lead and Follow (Sakarias & Frida)

(F, T, TH) -

Lessons Learned From Moving Boxes and Pushing Refrigerators (David & Heather)

(T, TH) – This class should answer questions like: how does your overall shape (particularly the orientation of your arms relative to your torso) affect which muscles you use in connecting with your partner, and why should you want to use some muscles more than others? Offers the potential to do more 'work' with less effort and minimizing the potential for certain kinds of injuries.

Tasters Saturday

The taster classes offer a variety of different topics and themes. Some classes may have requirements.

Little Apple (Lance & Shannon)

(T, F, TH) - Late 1930s partnered adaptation of the Big Apple however, unlike the Big Apple it is led and followed, not called. This dance evolved into the "Carolina Jitterbug" which eventually evolved into today's "Carolina Shag".

Dips & Tricks (Int/Adv)* (Andreas & Jessica)

(T, F, TH) – *Partner required!* -

Introduction To Shag (Paul & Natasha)

Jam Material* (David & Kim)

(T) - Flashy entrances and exits. Impress your friends with Flashy Jam material (includes tricks). Be there or be square.

Choreographing Using The Song Structure (Zack & Maryse)

(R, Th) - Through a routine, we will learn how to build a dance or a choreography using the song structure as a start.

Blues 1 (Bernard & Anne-Hélène)

(T, F) - How to dance on a very slow swing or blues music. You will learn our blues feeling, the different steps and rhythms, and how to move on the dance floor. Blues is so important to feel how to control your body movements, that will help you in all other dances.

Slides For Boys & Girls (Vincenzo & Isabella)

(T, F) - We are going to explain a few slides giving a general idea on how to slide. We will include slides for both - men and women.

Rhythm (Rudolf Roth)

Whole-body Rhythm work, the essential equipment for every dancer, is the focus in this workshop. The content of the classes are body percussion, independence training, rhythm basic patterns, swing and Latin, rhythm language, cane dance - everything packed brilliant exercises and easy to follow up. The "playing" with Rudolf's well-tested exercises enthusiasts and motivates students at all times and extends their dancing horizon. Please wear comfortable clothing and shoes and have something to write with you.

West Coast Swing 1 (Melanie)

(F) - You want to take your first WC step and see what this couple dance is all about. Come in enjoy the flow and movements to blues and contemporary sound.

Tail Feather / Barefoot Stroll (Christine)

(R) – Shake your Tail Feathers: Learn to shake and shimmy, twist and shout, do the Boogaloo and Shingaling. The Blues Brothers have showed us how to do it in style - so let's be just as cool.

(R) – Barefoot Stroll: This stroll is very popular in the Rockabilly scene. We have seen it first at the Summer Jamboree in Senigallia danced to any song. Marcus & Bärbl have chosen the song "Barefoot" from Ray Collins Hot-Club and made it popular with that song at many different camps in the world. This is where it got its name from. It's a very simple and fun short routine.

These are strolls for ALL level and most of all - they are a lot of fun and can easily be taught in your local scenes at the beginning of a party night or lesson to break the ice, to your performance group or just to a group of friends.

Tasters Sunday

Authentic Black Bottom (Shannon)

(T, TH, F) - Research indicates Black Bottom evolved out of low down dancing which were a group of dances done to blues music. This class covers Authentic Black Bottom as done in 1926 and earlier. It is a solo dance, danced to early jazz or blues music. This class is based on authentic jazz dance movements. Shannon has been researching and performing Black Bottom since 1996.

20's Partner Charleston (Sakarias & Frida)

(F, T) - We will teach characteristic moves from the 20's.

Charleston 1923 To 1925 (Lance)

(T, TH, F) - This class covers solo Charleston as done in the correct rhythm for the day - a syncopated original 2-beat rhythm. Lance has been dancing Charleston since the 1970s and will teach the old fashioned "flapper" styling.

Fun And Safe* (Mickey & Kelly)

(F, T) - Here are a few acrobatics that can be easily lead in various swing dances. This class will focus specifically on exciting acrobatics which don't involve breakaways or flips for those who want to throw great air without as many of the worries that come with it. - ***Partner required!*** -

Slide-o-Rama (Juan)

(F, T) - By the end of this class, Juan will have you dancing like you're on ice! Learn the fundamental techniques behind slides, so you'll be effortlessly ice skating on the dance floor in no time. Wear shoes with slippery soles.

Blues 2 (Bernard & Anne-Hélène)

(T, F) - Cool moves for blues dancers: even if it's slow, it can be really flashy & cool!

Introduction To Burlesque (Sharon)

(F) - Burlesque is the hottest trend in town, a type of performance bringing together a sizzling dance style with elaborate vintage costumes, cool retro tunes and a lot of sassy fun! Learn how to get in touch with your femininity and sensuality through dance, movement and the art of the tease!

Rhythm (Rudolf Roth)

Whole-body Rhythm work, the essential equipment for every dancer, is the focus in this workshop. The content of the classes are body percussion, independence training, rhythm basic patterns, swing and Latin, rhythm language, cane dance - everything packed brilliant exercises and easy to follow up. The "playing" with Rudolf's well-tested exercises enthusiasts and motivates students at all times and extends their dancing horizon. Please wear comfortable clothing and shoes and have something to write with you.

West Coast Swing 2 (Melanie)

(F) - You have already learned some basic steps and figures and you want to know more about this sophisticated swing dance.

Shim Sham (Christine)

(R) -The Shim Sham is the national anthem of the tap dancers. Created by Leonard Reed und Rusty Bryant in 1927 the routine is based on early jazz/tap dance steps. But also Lindy Hoppers have taken this original tap routine and made it their own. It should belong to the repertoire of each dancer. The dance is divided into 10 musical phrases with specific steps such as: the Stomp, Cross Over, Tacky Annie, and Half-Break. These steps are repeated and then followed by Boogie Backs, Boogie Forwards, and Shorty George steps. After which you grab the nearest person and dance until the song is finished. The taught version is heavily influenced by Frankie Manning.

Tasters Monday

Performance (Sakarias & Frida)

(R, TH) - We are going to work with a choreography, how to present it and make it look good.

Single Time Shag (Bill & Shannon)

(F, T) - This style of shag was originally called the Carolina Shag in the early 1930s and is the earliest shag documented. It is unrelated to the Carolina Shag of today.

Safe Dips & Tricks* (William & Maeva)

(F, T) - These are small acrobatics with drops, the fun moves that will be adapted by you.

Partner required! -

Original Big Apple (Lance)

(F) - The Big Apple was a popular group dance done in a circle where the steps were called by a caller. It is similar to square dancing, but danced to swing music using popular swing steps of the time such as Suzie Q, Shag, Truckin', Spank Yo, Horsey, Piggy Back, Organ Grinder's Swing, and Scratchin' Fleas. Lance has documented over 400 calls to this silly but fun dance. In the fall of 1937 to the spring of 1938 the Big Apple was the most fashionable dance in the USA. This is the original Big Apple dance which originated in Columbia, South Carolina and brought to New York City by the Big Apple Dancers including Betty Henderson Wood, Lance's former dance partner. This is not the same keep punching routine choreographed by Frankie Manning.

Dancing Lindy With Your Whole Body (Juan & Sharon)

(T, F) - Moves, partner connection and style should not be disconnected ideas, and our feet aren't the only things we can use to be expressive in Lindy Hop. Hear Sharon and Juan's perspectives on dancing Lindy with the entire body, and what they think is missing from modern Lindy Hop dancing and teaching.

Body Awareness (Jørgen & Aina)

(TH, T) - This is a class where all dancers of all levels will have the possibility to explore something new with their body and their dancing.

Jazz Steps for your Lindy (Jeremy & Laura)

(F, TH) - Learn how to use your jazz steps and movement within your partner dancing to add style and musicality to your Lindy Hop!

Mental Training For Competitors (Melanie)

(TH) - Mental strength is sometimes an important thing that is missing to make the next step forward in competition. Learn how to prepare yourself well. Feel more confident on the dance floor and finally get better results.

Jitterbug Stroll (Christine)

(R) -The Jitterbug Stroll is a line dance based on early jazz steps tracing back to the swing era. It was created for the dance place "At Jitterbugs" in London by the extraordinary dancer Ryan Francois who is credited with the choreography in "Swing Kids", and "Malcolm X". It is danced to a Blues format (6 bars per phrase). Woodchoppers Ball was the tune chosen by Ryan himself for this dance.

Train The Trainer (Friday)

This track is specifically designed to cater the needs and demands of teachers. The following classes shall give you a platform to exchange with fellow teachers and to benefit from the long experience of top teachers. The principles taught in those classes are suitable to any form of swing dance like Balboa, Boogie, Lindy, etc.

Teaching Rhythm (Rudolf Roth)

(TH) - Whole-body Rhythm work, the essential equipment for every dancer, is the focus in this workshop. The content of the classes are body percussion, independence training, rhythm basic patterns, swing and Latin, rhythm language, cane dance - everything packed brilliant exercises and easy to follow up. The "playing" with Rudolf's well-tested exercises enthusiasts and motivates students at all times and extends their dancing horizon. Please wear comfortable clothing and shoes and have something to write with you. You will get a teaching manual and instructional material from Rudolf.

How To Shape Your Classes Around Clear Themes And Objectives (Zack & Maryse)

(TH) - Choose your priorities! Learn or relearn how to construct a concise and efficient plan that will not go over time...

Teaching 'Genre of Motion' (David & Heather)

(TH) - How to grasp, identify, and effectively teach a dance's fundamental or essential way of moving (what I call its 'genre of motion'). Promises to include some completely new and original answers to some long-standing, and traditionally thought problematic, questions. (If you plan to take only one class to see who David Rehm is as an instructor, it should be this one.)

Teaching – Methodology And Design (Nick & Carla)

(TH)

Train The Trainer Lindy Hop (Saturday)

This track is specifically designed to cater the needs and demands of teachers. The following classes shall give you a platform to exchange with fellow teachers and to benefit from the long experience of top teachers. The principles taught in those classes are especially designed to Lindy Hop.

Teaching Improvisation (Zack & Maryse)

(TH) - Tips and tricks to teach (or re-teach) improvisation in Lindy for follows and leads - from beginner to intermediate dancers.

The Three Pillars Of Lindy (David & Heather)

(T) - How to teach the three pillars of great Lindy lead/follow mechanics and their interrelation: the generation & redirection of momentum between partners (versus working separate from or against a partner), swivel as a consequence of this momentum (versus merely a disconnected styling), and counter-balance (sharing weight with purpose versus dead weight).

Questions & Answers (Sakarias & Frida)

Please prepare any questions you might have, we will try to answer them from our point of view. And hopefully we will do some dancing too.

Swing Out Technique (Nick & Carla)

(T, TH) - We are going to look further into the complexities of the Swing Out and how to communicate those to students.

Train The Trainer Boogie Woogie (Sunday)

This track is specifically designed to cater the needs and demands of teachers. The following classes shall give you a platform to exchange with fellow teachers and to benefit from the long experience of top teachers. The principles taught in those classes are especially designed to Boogie Woogie.

How To Teach Lead & Follow (Hasse & Marie)

(T, TH) - What we think about lead and following and how we teach it.

Coaching (Jørgen & Aina)**Proper Preparation For A Class** (Melanie):

(TH) - You will learn how to be ready for your class and how to build up teaching themes. The goal is to be more relaxed and clear about what you are doing in front of your students.

How To Introduce And Teach Musicality For Social Boogie (Olivier & Natasha)

(TH) – Get ideas about how to introduce and teach musicality for social Boogie dancing.

Train The Trainer Balboa / Bal-Swing (Monday)

This track is specifically designed to cater the needs and demands of teachers. The following classes shall give you a platform to exchange with fellow teachers and to benefit from the long experience of top teachers. The principles taught in those classes are especially designed to Balboa and Bal-Swing.

Lessons Learned From A Decade Of Modern Balboa (David & Heather)

(T, TH) The modern Balboa scene is approaching being in existence for about a decade, during which time it has seen tremendous growth and development. It is also now in an infinitely better position than it was ten or even just five years ago. This session will focus on the mistakes made and lessons learned during that time both in grasping the nature of the dance itself and how to teach it, and how this can help us going forward.

The Direction Of Balboa And Bal-Swing (Mickey & Kelly)

(T, TH) Balboa has grown. The dance itself is taught in many ways and with varying styles and ideas as to 'HOW' and 'WHAT' should be taught. This class will focus on trying to expand the boundaries of balboa while respecting the various forms taught by different instructors today. How to teach a dance where we can look backwards for inspiration while not forgetting to move forward.

How To Teach Spins And Turns (Zack & Maryse)

(T, TH) - Teaching students spins and turns in Balboa

The Fundamentals Of Bal-Swing (Nick & Carla)

(T, TH) - Here we will dive into the fundamentals that make up Bal-Swing and how to teach it.

Subject To Change!