



Lindy Hop Body Shop

@ Sons of Hermann Hall

Saturday	Upstairs	Bowling Alley	Meeting Room
Noon to 1:15 p.m.	Pep in Your Step Sylvia Intermediate	Lindy Hop FUNdamentals Jerry & Elaine Beginner	Charleston Swing Out & Early Swing Variations Alex & Samantha Intermediate
1:30 to 2:30 p.m.	Glide In Your Stride & Sizzle In Your Swivel Sylvia Intermediate	The Dynamic Duo (Mixing 6- & 8-Count) Jerry & Kathy Beginner	Collegiate Shag Ryan & Amanda Beginner / Intermediate
2:45 to 3:45 p.m.	Balboa Basics & Beyond Sylvia All Levels	Nuts & Bolts Charleston Alex & Samantha All Levels	Sweet, Sweet Sugar Pushes Ramiro & Elaine Intermediate
4:00 to 5:00 p.m.	Classic Lindy à la Sylvia Sylvia Intermediate	Musicality Alex & Samantha All Levels	Collegiate Shag Ryan & Amanda Intermediate / Advanced

Sunday	Upstairs	Bowling Alley
Noon to 1:15 p.m.	How to Win Follows & Influence Leaders Sylvia Intermediate	Tricked Out Swing Ramiro & Elaine Intermediate / Advanced
1:30 to 2:30 p.m.	Balboa Elixir Sylvia Intermediate	Happy Feet! Alex & Samantha All Levels
2:45 to 3:45 p.m.	Snappy Endings Sylvia Intermediate	Blues in Yer Shoes Jerry & Kathy All Levels
4:00 to 5:00 p.m.	Big Ideas, Small Spaces Alex & Samantha All Levels	Balboa Barbacoa Sylvia Intermediate

LindyHopBodyShop.com

Dallas, Texas * August 4-6, 2017

Saturday, August 5, 2017

Pep in Your Step - Intermediate - Sylvia

Sylvia will invigorate and inspire your dancing to new levels.

Lindy Hop FUNDamentals - Beginner - Jerry & Elaine

Learn the granddaddy of all Swing dances, the Lindy Hop, or just brush up on your basics. A good understanding of the basics is essential to becoming a great dancer. You will learn the Swing Out, Lindy Circle and more!

Charleston Swing Out & Early Swing Variations - Intermediate - Alex & Samantha

Learn the move that started the Lindy Hop craze. Students should be comfortable with Charleston before taking this class.

Glide In Your Stride & Sizzle In Your Swivel - Intermediate - Sylvia

Learn classic slides and swivels from the best!

The Dynamic Duo (Mixing 6- & 8-Count) - Beginner - Jerry & Kathy

This class will help you seamlessly meld your Lindy Hop basics and your 6-count East Coast Swing. Learn to smooth out your transitions, while simultaneously increasing the fun factor in your dancing.

Collegiate Shag - Beginner/Intermediate - Ryan & Amanda

Popular in the 30s, this partner dance makes it easy to keep up with quick tempo swing and pre-swing jazz music. It's characteristic look is a calm upper body with quick footwork.

Balboa Basics & Beyond - All Levels - Sylvia

Be at one with Balboa-NESS and let Sylvia be your guide. A fun class for beginners without Balboa experience but just as good for those who'd like to perfect their Bal with THE teacher who learned from the greats and who has spread this dance throughout the US and across the continents.

Nuts & Bolts Charleston - All Levels - Alex & Samantha

This is a perfect introduction to Charleston, and a great way to tune-up your Charleston basics. Charleston is an integral part of Lindy Hop and makes dancing to fast music easy. This class will also help you gain more confidence, comfort and balance on the dance floor.

Sweet, Sweet Sugar Pushes - Intermediate - Ramiro & Elaine

Sweet variations on a classic move.

Classic Lindy à la Sylvia - Intermediate - Sylvia

Sylvia will share some of her favorite Lindy moves that everyone should know.

Musicality - All Levels - Alex & Samantha

Alex & Samantha will share their love of rhythm and movement, helping you become more playful and fluid on the dance floor.

Collegiate Shag - Intermediate / Advanced - Ryan & Amanda

Expand your Shag skill set.

Sunday, August 6, 2017

How To Win Follows & Influence Leaders - Intermediate - Sylvia

Learn how to be a better partner while expanding your ability to move with control and balance. Increase your ability to react quickly to changes in the music and your partner's movement.

Tricked Out Swing - Intermediate/Advanced - Ramiro & Elaine

Connection and counter balance are the key components in these moves that are guaranteed to dazzle.

Balboa Elixir - Intermediate - Sylvia

Balboa makes dancing to fast music fun. Today we'll review, practice and expand upon what was taught in yesterday's class.

Happy Feet! - All Levels - Alex & Samantha

Alex & Samantha will share their favorite aspects of Lindy Hop. This class is sure to bring joy to your heart AND move your soles.

Snappy Endings - Intermediate - Sylvia

Classic, fun variations to Jazz up your 6, 7 & 8s!

Blues in Yer Shoes - All Levels - Jerry & Kathy

Learn to dance comfortably to slower tempos. Blues dancing is the rhythmic expression of slower Jazz and Blues music. You will learn techniques that will improve your balance, movement and musicality that can be applied to dancing at any speed.

Big Ideas, Small Spaces - All Levels - Alex & Samantha

Learn big (like Texas) ideas in a small (like New York) dance floor.

Balboa Barbacoa - Intermediate - Sylvia

IIIIYYYYEEEEEE! More Bal! Sylvia has specially designed this Bal class with a Texas flavor just for us!