



# Dance North West Beginners Workshop

- \* Would you like to improve your dancing?
- \* Would you like the chance to meet other new dancers?
- \* Would you like to like to learn in a smaller group?

Then a workshop is for you. A chance to learn Modern Jive in a small group of about 10 men and 10 women. You will get close tuition from your Instructor. It's friendly and relaxed with plenty of chances to ask questions. You have plenty of time to practice all the moves you are taught and of course have some fun along the way.

You will learn up to 10 Beginners moves in detail and also spend time developing your free dancing skills.

The classes normally start at 12.00, and last approximately 4 hours, with short breaks. This will be confirmed to you at time of booking.

## What the course will cover

<b>Welcome</b>	Introductions Starting to dance, hands, feet and tension
<b>1st &amp; 2nd routine</b>	Learn, link and dance 3 moves. Spins, signals and beat
<b>More Moves</b>	Learn link and dance more moves
<b>Making routines</b>	The chance to work with a partner to create a 3 move routine

## The Moves

Left handed	Right handed	Two handed
Basic	Catapult	Armjive
Basic & Pushspin	Comb	Armjive & pushspin
Manspin	Half windmill	Basket
Pushspin	Hatchback	Octopus,
Shoulder slide	Lady - spin	Wurlitzer
Side to side shoulders	Short comb	
Side to side shoulders & let go	Yo-yo	
Step across	Yo - yo pushspin	
	Sway	

## Cancellation Policy

*Full refunds minus administration fee of £5 will be given up to 1 week prior to Workshop. No refunds after that date. You may give your place to another person of the same sex but must advise DanceNorthWest prior to the workshop starting.*

**To book, ask at the front desk of your venue, or complete and return the slip below.**

If you have any queries, please call DanceNorthWest on 07961 975047.

**Workshop Booking Form.** *Please detach and send slip to address below.*

**Please enclose a £25 cheque made payable to DanceNorthWest and post to DNW c/o The Octel Club, Bridle Rd, Bromborough, Wirral, CH62 6AR.**

I would like to attend the Beginners workshop on: (date) \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_