

SATURDAY WORKSHOPS

	Foundations	Technique and Styles	Make it Sing	Cultural Seminars / Anything Goes
	Rangos 1	Rangos 2	Rangos 3	Room in Description
10:30 - 11:30am		<p>Warm Up & Active Stretching <i>Zelly</i></p> <p>Warm up with some dancing 10:30-11:00am and then enjoy guided body activation / active stretching from 11:00-11:30am. This body activation class will get minds and muscles ready for a day of movement.</p> <p>Disclaimer: this is an active class and we will be on the floor on our hands and knees and bending over all the way, so you may want to wear clothing that is not restrictive.</p>	<p>Slow Drag Through Time - BYOP Advanced Class <i>Kelsy Stone and Damon Stone</i></p> <p>Slow Drag is the oldest of the surviving partnered blues dances and has been a key fixture of Black American social dance for 130 years. Each decade's music left an imprint and each generation had their own interpretation of this dance. We'll start with proto blues music and work our way to today's slow jams all to better understand the versatility and enduring popularity of this dance. Note: please bring your own partner or arrive early to find a partner. We will not be rotating as a part of this class.</p>	
11:40am - 12:40pm	<p>Intro to Slow Drag <i>Julie Brown and Dan Repsch</i></p> <p>Historically one of the key dances of literally bringing people together, regardless of their dance background or experience. We'll use the slow drag as a jumping off point to explore the embrace dance position, key partnering elements, and aesthetics of Blues dance. As a bonus, you'll walk away with a better understanding of what the Slow Drag dance is.</p>			<p>A Passion for Blues <i>Damon Stone, Miss Freddye, & Odysseus Bailer</i></p> <p>A panel featuring one of our instructors, one of our musicians, and one of our DJs discussing how they found their passion for the Blues and why it became such a large part of their lives.</p> <p>Moderator Grey Armstrong</p> <p align="right">-- in Rangos 3</p>
12:50 - 1:50pm	<p>Dance Foreplay ;-) <i>Grey Armstrong and Joshua Purnell</i></p> <p>It's easy to get excited and rush right in. We'd rather you try taking a moment to settle into a dance. By establishing tone and tension, negotiating connection and consent, getting a feel for your partnership, and sinking into the music, you'll be ready to have a more enjoyable dance. Once you learn this skill, you won't want to rush in ever again.</p>	<p>Slow Drag: Digging Deeper <i>Krystal Wilkerson and Adam Wilkerson</i></p> <p>So you've been dancing Slow Drag for a while now? Come join us, and we'll work on refining the fundamentals, really picking out the specific details of the dance, and work on layering with a partner to find a beautiful groove on the dance floor.</p>	<p>Live Music Class <i>Julie Brown and Dan Repsch</i></p> <p>Description TBA.</p> <p align="center">ft. live music with Adam Lee, Ryan Salisbury, & Dan Leon</p>	<p>How and Why Should Blues Music Change? <i>Miss Freddye Stover</i></p> <p>Blues music as a genre has been around since the 1870s and it has gone through many different iterations in these past 150 years. What's coming next and why should Blues continue to evolve?</p> <p align="right">-- Peter Room</p>
2:00 - 3:00pm LUNCH BREAK				
3:10 - 4:10pm	<p>Close Embrace Challenge <i>Kenneth Shipp and Andi Hansen</i></p> <p>Come to class ready to push past your close embrace defaults, evaluating the feel and position of your close embrace, and recognize the areas to play in this position from dance to dance.</p>	<p>Rhythm is Life: Shuffle and Triples in Blues <i>Kelsy Stone and Damon Stone</i></p> <p>We'll examine three idiom dances, Chicago Triple, Piedmont Triple, and Texas Shuffle whose music is rooted in the use of triplets and shuffles. We'll identify the feeling of the music and examine the distinctive footwork of each dance as well as how to play and improvise within them.</p>	<p>Crafting a Partnership <i>Krystal Wilkerson and Adam Wilkerson</i></p> <p>At the beginning of a dance, we all take steps to find a common baseline with our partner and groove from there. In this class, we'll break that partnership down to precise minutiae and provide a framework to explore just HOW we establish that groove, regardless of blues dance style!</p>	<p>Forging Your Own Path <i>Caroline Leitschuh</i></p> <p>When it comes to our dance journey, there is no map to guide us. It can be challenging to figure out what we're supposed to learn, when we're supposed to learn it, and what our goals should be. This interactive session is designed to help you figure out what you want your experience to look like, and will touch on topics such as goal-setting, learning the history and culture of Blues along with how to dance it, and good allyship. We'll be exploring a lot of ideas, so make sure to bring a notebook!</p> <p align="right">-- in Peter Room</p>
4:20 - 5:30pm INSTRUCTOR DEMONSTRATIONS & BLUES CLINIC				
Open Mix and Match check-in begins at 5:15pm. All competitors must check-in to receive their numbers.				
5:30 - 6:00pm Open Mix and Match Preliminaries.				

SUNDAY WORKSHOPS

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10:30 - 11:30am		<p>Warm Up & Active Stretching <i>Zelly</i></p> <p>Warm up with some dancing 10:30-11:00am and then enjoy guided body activation / active stretching from 11:00-11:30am. This body activation class will get minds and muscles ready for a day of movement.</p> <p>Disclaimer: this is an active class and we will be on the floor on our hands and knees and bending over all the way, so you may want to wear clothing that is not restrictive.</p>		
11:40am - 12:40pm	<p>Walkin' in the Ballroom <i>Krystal Wilkerson and Adam Wilkerson</i></p> <p>Whether in Idiom or Freestyle ballroomin', when Jazz Blues begins to play, we get to walkin'! In this class, we'll explore our relationship with the ground & with our partner to step powerfully & confidently every time! Planting ourselves like a tree with every step to clearly resolve balance will concretely center your relationship with the ground & the music! Improving clarity through firmly grounded movement generated via your pulse will allow for increased precision in your movements & improve your own musical representation throughout any dance.</p>	<p>So You Wanna Be a Wilkerson? <i>Grey Armstrong and Joshua Purnell</i></p> <p>What do you do if you aren't tall and dancing with your significant other/dance partner but want to add a little razzle dazzle to your dance? Let us show you! We are known as subtle and cozy dancers but create smaller fancy/difficult moments in our dances to make them fun and musical. We want to share that with you and teach you to find moments to safely add flash, flourish, and self expression to your dance, so you too can feel as cool as a Wilkerson.</p>	<p>Lag It Out <i>Kenneth Shipp and Andi Hansen</i></p> <p>Lag can feel great when you communicate well with your partner and based off the music. We'll go into ways you can push these blues basic concept further, and what footwork and body shaping variations it allows you to create as well.</p>	<p>Meet in the Middle: Strategies to Help Your Community <i>Caroline Leitschuh</i></p> <p>Learning and improvement are a focus of many dancers, and one of the reasons that workshop weekends exist. However, creating opportunities for learning takes a lot of energy and can contribute to organizer stress and burnout. During this organizer-oriented discussion, we'll talk about how to provide for the needs of your community while still taking care of yourself.</p> <p align="right">-- in Peter Room</p>
12:50 - 1:50pm	<p>Janky Shapes <i>Kenneth Shipp and Andi Hansen</i></p> <p>Black dancers in the juke joint utilized a variety of asymmetrical shapes and contrasting textures in their blues dances that felt incredibly cool. We'll dive into mastering and adding these ideas and shapes into your jookin' dances.</p>	<p>What Can You Do with a Single Step? <i>Julie Brown and Dan Repsch</i></p> <p>Stepping half time is ubiquitous in our Blues dance community. But a simple rhythm doesn't necessarily mean a simple movement. We'll show ways to stylize this rhythm so that you can have a creative dance even without changing the baseline rhythm.</p>	<p>Wheel of Music! <i>Kelsy Stone and Damon Stone</i></p> <p>We'll listen to and learn to identify the various elements which define sub-genres of blues music as well as the specific elements which define particular blues songs and explore how best to build a dance around those elements.</p>	<p>Nights in Fairy-Land: Stories of LGBTQ Jazz & Blues Artists <i>Joey Science</i></p> <p>The history of jazz and blues is rich with openly gay, lesbian and bisexual artists, as well as the beginnings of drag. We'll talk about some of those artists as well as the historical context that both allowed these artists to flourish and eventually contributed to the straight-washed retelling of jazz and blues history that is sometimes popularized.</p> <p align="right">-- in Peter Room</p>
<p>2:00 - 3:00pm LUNCH BREAK ft. Emily Thomas in the Activites Room "Women in Jazz and Blues - Heard From, Not Often Heard Of"</p>				
3:10 - 4:10pm	<p>Dynamic Partnerships <i>Kelsy Stone and Damon Stone</i></p> <p>This class will explore the process of turning a dance into a genuine conversation between the partners with the way we compliment, compare, and contrast our movement with that of our partner. These are often viewed as advanced concepts but we believe they are a fundamental part of the basic structure of all Blues dances and as such recommend this class for dancers of every level.</p>	<p>Cuttin' <i>Krystal Wilkerson and Adam Wilkerson</i></p> <p>Solo Dancing has always had a place in competition. But whether you're competing for a crowd or throwing down with a friend, a spirited cuttin' bout can really help to inspire yourself and others. We'll work in this class on what it really means to cut, from one-upping your friends to pointing out their strengths.</p>	<p>Jukin' Rhythmic Diversity <i>Julie Brown and Dan Repsch</i></p> <p>There's an incredible variety in the rhythms of Jukin' Blues music! In this class we'll learn to recognize some of these rhythms, and several ways to articulate each. Train your ear and widen your repertoire!</p>	<p>Want to Be a Better Dancer? Sing. <i>Grey Armstrong</i></p> <p>Sometimes the best way to get better at dancing is to focus on your relationship to music. Many Black Americans learn to sing at an early age and this shapes our understanding of music, in a experiential way. An easy way to train your ear is to join the tradition and learn to sing!</p> <p align="right">-- in Peter Room</p>
4:20 - 5:20pm	<p>Blues Vocabulary <i>Julie Brown and Dan Repsch</i></p> <p>In dance, like speaking, knowing a few words makes composing your ideas much easier. In this class we'll learn several key Blues movements, how to partner them, and how we can transition smoothly into the next idea.</p>	<p>So Hot!/Cool Like That <i>Kelsy Stone and Damon Stone</i></p> <p>This class will discuss and work on two fundamental elements of the artistic side of the Blues aesthetic, ephebism and coolness. While on the surface the youthful vigor of ephebism seems in direct conflict with the studied nonchalance and ease of coolness but through exercises, we'll see how the two are not just linked by requiring each other to truly reach their heights in blues.</p>	<p>Getting What You Want From a Dance <i>Grey Armstrong and Joshua Purnell</i></p> <p>Have you ever watched someone amazing from across the room and HAD to dance with them, but when the time came it wasn't what you hoped it would be. The song comes on and you know, you want a simple slow dance but your partner wants polyrhythms and flash. You want up pulse and they want down. How do you have an amazing dance when you and your partner just can't sync up?? We've got some answers and it might surprise you.</p>	<p>Practice Teaching Blues Dance <i>Krystal Wilkerson and Adam Wilkerson -- Activities Room</i></p> <p>If you're new to teaching blues dance and want to get your feet wet, this is the class for you! Targeted at newer teachers, we'll help you focus your lesson planning and movement development, and give you in-class hands-on time teaching a small group, complete with feedback on your methods.</p> <p align="right">-- in the Activities Room</p>