

SATURDAY WORKSHOPS

Foundations		Technique and Styles		Make It Sing	
Rangos 1 Doors close after 15 mins		Rangos 2 Doors close after 15 mins		Rangos 3 Doors close after 15 mins	
10:30am - 12pm	Becoming Better Dancers Through Better Listening <i>Jamica Zion and Charley Ward</i>	Chicago Triple <i>Andi Hansen and Gwen Bone</i>		Get Confident <i>Zach Brass</i>	
	This class is all about active listening and gaining a better understanding of the rhythms in the music we dance to. Charley will play some live music, Jamica will DJ some, and together they will provide you with the physical responses that have been passed down through generations so you can dance better to a variety of blues styles.	The rhythms! The groove! The shapes! We love Chicago Triple, and we think you will too. Come jam with us!		When leveling up in blues dancing (or in any skill), we often overemphasize identifying things we're doing wrong. But having an accurate representation of our own ability and recognizing what we are good at helps immensely with self-confidence issues and can enable better dance practices, competitions, and even social dances. We'll work to identify and highlight the strengths of our dancing through external and internal validation to chip away at our own impostor syndrome.	
12:10 - 1:40pm	Dancing Close <i>Dan Repsch and Julie Brown</i>	Footwork - Collaborative Rhythms <i>Zach Brass and Gwen Bone</i>		All Together, Now! <i>Andi Hansen</i>	
	This class is all about how to dance in close embrace position in a way that's comfy and cozy for both partners, covering physical mechanics as well as consent, choice, & body language.	Take your footwork skills to new heights by exploring their application in partnership. This session emphasizes communication, connection, and creative expression between dance partners. Learn to balance your individual voice with collaboration, ensuring both partners shine through every step and rhythm.		Dance through your whole body! We'll connect our movements together and make everything more cohesive, as we start with groove and expand from there to motivate moves from the ground up, and go on to creating compound movements and engaging our whole body in responding to the music and our partner.	
1:40 - 2:40pm	LUNCH BREAK				
2:40 - 3:10pm	Dance Bingo Amelia				
	Blatantly Stolen from the Wilkersons, can you get a bingo covering different moves and idioms?				
3:20 - 4:50pm	Momentum, Stretch, and Compression <i>Dan Repsch and Julie Brown</i>	Blues Aesthetics Sampler <i>Charley Ward and Jamica Zion</i>		Make It Your Own <i>Odysseus and Cynthia Menos</i>	
	Work on core skills and fundamental moves to create energy together in ways that are comfortable, clear, and fun! Depending on the skills in the class, we may cover: sugar pushes, side passes, pop turns, traveling turns, and/or different turning speeds.	Through a format of show and tell, Charley and Jamica will share some of their favorite historical blues clips, with the goal of highlighting patterns and exceptions in style that should inform our blues aesthetics and creative choices.		One of the many great aspects of Blues Dancing is the concept of embracing our individuality, while having a fun and expressive conversation in our partnership. This class will explore how to own your own individuality, while contributing to the creative expression of your partnership.	
5:00 - 6:00pm	BLUES CLINIC				
	Momentum/Compression, Footwork, Blues Aesthetics, What's my Vibe/Individuality				

Clinic/Stretch Room	
Activities Room Doors stay Open	
Stretching/Free Movement	
10:00am - 10:50pm	30 mins of stretching, 20 mins of free movement
11:00-12:00pm	Competition DJing Technique -Dan <i>Dan Repsch</i>
	Choosing competition music is a challenging job! Your choices have big impacts on competitors in the moment, and in the event's videos long term. There are a lot of considerations that go into making prelims and finals something you can be proud of, and we'll cover as much of that as we can here.
12:30 - 1:30pm	12 bars and beyond <i>Charley Ward</i>
	Twelve Bars and beyond is an interactive lecture/demo that explores the structure of basic blues. I use guitar and visuals to show how blues is counted and where the logical accented points are I do it in a old time houseparty setting where people are encouraged to sing and dance, and ask questions. It's informative fun!
1:40 - 3:10pm Lunch and Learn	Why Is Lindy Hop And Blues A Black American Cultural Music And Dance Form? <i>Odysseus Bailer</i>
	Acknowledging the Unpleasant. In order to understand the roots of the music and dance we love, we must understand the history of the people that created them and why?
3:20 - 5:30pm	Free Practice Area
	Use the space to practice what you want

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10:30am - 12pm	Make Your Moves <i>Andi Hansen</i>	Belly Rubbin <i>Julie Brown and Dan Repsch</i>	Community Jammin' <i>Zach Brass and Gwen Bone and Charley Ward</i>		Stretching/Free Movement
	A solo movement vocabulary and creativity class, with layered challenges for different skill levels. We'll get a ton of repetition on a bunch of solo content, and play and explore how to morph and change moves, as well as building new combos!	Challenge your close embrace connection with a blues dance called Belly Rubbin'. We'll get into the subtleties of connection, expression, and variations of this close embrace dance.	After this class, you'll NEVER utter the phrase "dance like nobody's watching." We'll guide you through enhancing your musicality, celebrating your individuality, and fostering a sense of connection with fellow dancers and non-dancers alike. Whether you're a solo dancer or prefer to groove with a partner, you'll gain confidence in participating in jam circles and fully immersing yourself in the communal dance experience.		10:00am - 10:50pm
12:10 - 1:40pm	A Deep Dive Into Blues Dance Foundational Thinking <i>Odysseus and Cynthia Menos</i>	Dynamic Solo <i>Jamica Zion</i>	Broaden your Range <i>Julie Brown and Dan Repsch</i>		How slow can you go? <i>Cynthia Menos</i>
	What does it mean when we use the phrasing "Blues Dance Basics"? In this class, we will take a deeper look at our understanding of blues dancing basics, how we understand it today and how we can get a better understanding of it culturally.	Add dimensions, texture, and contrast to spice up your solo dancing by focusing on the parts of our bodies that often get neglected in our solo expression. If you've ever asked, "what do I do with my arms?!" then this class is for you!	Sometimes we get stuck in a rut and dance the same even to different-sounding songs. In this class, we'll broaden our stylistic repertoire and get deeper into the music, focusing on both big and small choices we can make to connect to different songs. This will include choices leaders and followers make, as well as ways followers can influence leader choices.		11:00-12:00pm
1:40 - 2:40pm	LUNCH BREAK				
2:40 - 3:10pm	The Soul Train Game <i>Cynthia</i>				
	Get groovy to some Funk, Soul, and R&B music! During this class, dancers will solo dance to Soul Train classics with fun prompts sprinkled in to help inspire creative movement and interactions.				
3:20 - 4:50pm	Finding Your Chill <i>Andi Hansen</i>	Skibidi Prelims <i>Zach Brass and Gwen Bone</i>	Polyrhythms, Play, and Partnership <i>Jamica Zion and Charley Ward</i>		Doing the damn thing - an organizer meet up
	Lag! Lag helps us connect to the music and our partner, create stretch and compression, and dance more comfortably. We'll listen to lots of music, experiment together and hopefully come out of class just a little more chill than when we started.	Chat, let's be real. Prelims can be lowkey scary and stressful. Sometimes they make your dancing cringe af. If you wanna make the judges simp for you, yeet your mad sus comp mindset, and secure the bag, pull up.	In this class Jamica and Charley will lead you through a series of exercises and games that will help you level up your polyrhythms and help you play more in your partnerships! Is there such a thing as positive peer- pressure? Let's find out!		1:40 - 3:10pm Lunch and Learn
5:00 - 6:00pm	BLUES CLINIC				
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					Building anti-racist communities <i>Julie Brown</i>
					This class is for all dance community members, whether you're a teacher/DJ/organizer or not. In this lecture & discussion class, we'll look at actions & practices any dance community member can take to engage responsibly & intentionally in Black art forms, both within our dance communities and beyond them. You'll come away with a personal 'why' statement, a list of concrete actions, accountability buddies, and clear exercises/practices you can do on your own or with other dancers.