

Theme Classes

Saturday

15h15–16h30

0 Building the Basics with the Music

with Felipe

We will work on how to build our dancing together with the different layers of the music. From timing, to patterns, swing, groove and beyond.

1 Chocolate Shake Line Dance

with Laurel

Laurel will teach her original line dance to Duke Ellington's "Chocolate Shake," a high energy routine with room for play, interaction, and self-expression. This class requires prior experience with solo jazz and Charleston.

2 Jamming with Your Friends

with Roser & Gustav

We will talk about the jam circle dynamics and how social dance in a circle, supporting, exchanging and sharing spaces, as well as some games such as 'stealing' dancing.

3 California Routine

with Jo & Flo

This is one of the most iconic Lindy Hop choreographies - originally created by Frankie Manning for the 1941 film Hellzapoppin', featuring ensemble dancing by Whitey's Lindy Hoppers.

5 Air Steps Plus

with Alice & Michel

This class is for partnerships who have already worked with aerial moves and want to take the next step.

6 Balboa: Embracing Pure Bal

with Chisomo & Kevin

Become more comfortable in this close embrace dance. Pure Balboa is a lovely dance that explores swing rhythms in close embrace.

Sunday

10h30–11h45

0 Accents, Claves, Riffs

with Felipe

Syncopation and repetition is a core element in Swing music that connects to its roots in Caribbean and African rhythm traditions. We'll explore how to layer rhythms while developing a deeper and more intuitive connection to the music.

1 Black American Movement

with Laurel

Your fellow instructors love to talk about authenticity in our dancing. It's a quality that shows up in Black American dancing from shout circles to twerking. But what does it look like? Where does it show up in the body? (We checked with the elders, and it's not just in your feet; sorry.) This class will focus on improving proprioception, polycentrism, and comfort with the parts of our bodies most folks have the toughest time using: our butts and waists! If your favorite dance shoes are slick, bring stickier shoes or dance barefoot.

2 Inspiration from 'Sunday Sinners'

with Roser & Gustav

Sunday Sinners it is what was called a Race Movie, produced, directed and starred by black people. It has some solo jazz and lindy hop scenes and we will work with some of this material in class.

3 Foundations of Charleston

with Jo & Flo

Everything you need to know to make Charleston comfortable and fun! The class begins with solo drills and then the concepts will be applied to partner dancing.

5 Air Steps Fundamentals

with Alice & Michel

This class is aimed at air step beginners and will introduce you to air steps systematically and safely. The workshop is also open to Lindy Hop beginners. You sign up as a couple and need to be in good physical condition with good basic fitness.

6 Balboa: Making Your Lollies Pop

with Chisomo & Kevin

Join us in Lolly land where we will play with Lolly variations and simple Balboa Swing shapes. This class is perfect for those with a little more experience with Bal-Swing.

Monday

11h00–12h15

0 Tap for Lindy Hoppers!

with Amanda & Nikolaj

Join us to discover your first tap steps! No tap shoes required.

1 Black American Movement

with Laurel

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2 Rhythm Playground

with Roser & Gustav

We will work on our rhythm with some games and exercises connected with the rhythm section of the music and work with them in the partner dance.

3 Disco Morning

with Jo & Flo

There's no better way to start your Monday than by dancing it out to the greatest hits created by some of the most iconic Black American Artists. Come shake it out with Flo & Jo — party while training!

5 Air Steps Fundamentals

with Alice & Michel

This class is aimed at air step beginners and will introduce you to air steps systematically and safely. The workshop is also open to Lindy Hop beginners. You sign up as a couple and need to be in good physical condition with good basic fitness.

6 Balboa: Ins and Outs of Out-and-Ins

with Chisomo & Kevin

This all levels class will teach and explore one of the most important fundamental shapes in Bal Swing, out and ins.

 beginner-friendly

 challenging