

San Diego Contra Dance

Waltz Workshop

Saturday, August 14, 2010; 5-7 pm

\$5.00 suggested donation

This special 2-hr Waltz Workshop is geared for Contra dancers – but everyone is welcome!



Waltz & Such Instructors: **Bill Boling and Beata Csanadi**

(<http://waltznsuch.org>)

Bill and Beata have been teaching waltz and other vintage social dances for years. They enjoy working with all levels of dancers. Experienced dancers are encouraged to attend – you will learn something new and help the newer dancers.

Contra dance waltzes are wonderfully informal - just sync up with a partner and the 3/4 time music, and travel as necessary to permit others to move. Amuse each other further with figures and styles that seem to suit the music. In this workshop you will learn and practice:

- Waltz rhythm synchronization
- Dance frame, partner connection
- Rotary & La Java Waltz Basics
- Etiquette - rules of the road
- Figures as time permits

Plan to stay for the Contra Dance (8 pm, free introductory lesson 7:30 pm) with guest caller Becky Nankivell and music by Ranting Banshee.

A light dinner of pizza and vegetarian soup will be available.

Trinity United Methodist Church, 3030 Thorn St. (North Park) San Diego
For more info: (619)283-8550, www.sandiegocontra.org