

WALTZ: Ballroom Bliss for Beginners

MON 8-9pm - START FEB. 27, 2012, 6 weeks

Island Health and Fitness, **310 Taughannock Blvd, Ithaca's West End**

COURSE GOALS: (What we hope you will learn!)

1. Discerning the distinctive "in 3" feel to waltz, in its various styles of ballroom, country, folk, popular music,
2. Moving comfortably and expressively to the 6 count waltz phrase: the "wave-like" gliding, stepping over the beat, rise and fall, sway, expressive use of large and small steps, forward, backward, and side steps.
3. A repertoire of the core waltz partnering patterns, both in closed position, and side by side "skater's" position.
4. Styling options for arm and torso characteristic of waltz, for both leader and follower.
5. Lead and follow technique to make for pleasurable and smooth partner dancing,

\$70/person, Discounts for couples, Island members, and former students

Register in advance by mail, Paypal, (or at the door if the class is not yet full).

Singles welcome – we rotate the unpartnered students. Couples need not rotate.

Info, music lists, discount schedule: www.ithacadance.com

The dance that started it all! Waltz was the first ballroom dance, and became the model for the many dances that followed: foxtrot, rumba, and even swing. The beautiful, elegant Waltz is super popular worldwide, with many variations. For raw beginners, as well as those with some dance experience. **NO PARTNER NEEDED: Singles as well as couples are welcome:** we pair up and rotate the singles frequently throughout the class.

Waltz dates to the early Renaissance in Austria. But it got crazy in the dance halls in the 19th century, and was shunned by the clergy and upper classes. The parents of American ballroom dance, Irene and Vernon Castle, tamed the mad waltz in early the 20th century. Among the many current variations: Viennese, American, International, country, tango, cajun. There is plenty of great "in 3" music in all styles from classical to pop. We start with a popular easy folk version of waltz, and progress to a more sophisticated ballroom style. **Songlists and class summaries** will be handed out in class, but for now, check out the **music lists, videos, and swing history** on the website. www.ithacadance.com.

Singles as well as couples are welcome: we pair up and rotate the singles frequently throughout the class. The instructor team is very entertaining and informative! And we give plenty of individual attention. Ithaca College dance instructor **Kurt Lichtmann**, with graceful and fun **Ellie Foust** love to create art (and play and laugh) on the dance floor. *All our students say that we Ithaca's #1 social dance instructors!* Info: www.ithacadance.com

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"Over all, fun class with great instructors You're free to express yourself in this class, clear instructions that are repeated, instructor makes everyone feel comfortable in the class!" - Fall 2011

"The instructor has an obvious passion for dance, and for teaching others the basics of social dancing. He explains things well, and has a very clear expectation of his students. Awesome teacher!" - Fall 2011

"Very fun and enthusiastic about dance, and pretty talented as well. My favorite college dance course I've taken so far, and probably my favorite overall. Fun, good atmosphere while learning a few different styles of dancing." - Fall 2011