



# Lindy Hop Body Shop

Dallas, Texas \* August 2-4, 2019

@ Sons of Hermann Hall

Saturday	Upstairs	Bowling Alley	Meeting Room
<b>Noon to 1:15 p.m.</b>	<b>Lindy Blast Off</b> Sylvia Intermediate	<b>Lindy Hop FUNdamentals</b> Alex & Ursula Beginner	<b>Toss Out Balboa Variations</b> Mike & Shawna Intermediate
<b>1:30 to 2:30 p.m.</b>	<b>Glide In Your Stride &amp; Sizzle In Your Swivel</b> Sylvia Intermediate	<b>Toe Twisters</b> Mike & Shawna All Levels	<b>Shim Sham</b> Ursula All Levels
<b>2:45 to 3:45 p.m.</b>	<b>Balboa Basics &amp; Beyond</b> Sylvia	<b>Charleston!</b> Mike & Shawna All Levels	<b>Smooth Lindy Dress It Up!</b> Ramiro & Elaine Intermediate
<b>4:00 to 5:00 p.m.</b>	<b>Classic Lindy à la Sylvia</b> Sylvia All Levels	<b>Lindy Countdown</b> Mike & Shawna Intermediate	<b>Rocket to the Moon</b> Jeannie All Levels

Sunday	Upstairs	Bowling Alley
<b>Noon to 1:15 p.m.</b>	<b>'60s Dance Craze</b> Sylvia Solo - All Levels	<b>Lindy Pop</b> Mike & Shawna All Levels
<b>1:30 to 2:30 p.m.</b>	<b>Sylvia's Favorites</b> Sylvia All Levels	<b>Tap</b> Misty Beginner
<b>2:45 to 3:45 p.m.</b>	<b>Lindy Landing</b> Sylvia All Levels	<b>Sunset Shuffle</b> Elaine All Levels
<b>4:00 to 5:00 p.m.</b>	<b>Slow Bal</b> Sylvia All Levels	<b>Space Odyssey</b> Jeannie All Levels

## Levels De-Mystified

### Beginner

If you haven't mastered your Lindy Hop basics (Swing Outs, Lindy Circle and 8-count variations), this level is for you.

### Intermediate

You must know how to execute the Swing Out (from both closed and open positions), the Lindy Circle, Tuck Turns, in addition to common 6-count variations.

## Saturday, August 3, 2019

### **Lindy Blast Off - Intermediate - Sylvia**

Advance your Lindy Hop technique as you blast off into a weekend of dance.

### **Lindy Hop FUNDamentals - Beginner - Alex & Ursula**

Learn the granddaddy of all Swing dances, the Lindy Hop, or just brush up on your basics. A good understanding of the basics is essential to becoming a great dancer. You will learn the Swing Out, Lindy Circle and more!

### **Balboa Toss Out Variations - Intermediate - Mike & Shawna**

Learn easy ways to vary your Toss Out. To take advantage of this class, students should have a basic understanding of the Toss Out.

### **Glide In Your Stride & Sizzle In Your Swivel - Intermediate - Sylvia**

Always a Lindy Hop Body Shop favorite, learn classic slides and swivels from the best!

### **Toe Twisters - All Levels - Mike & Shawna**

You will learn tongue twisters for your feet! Feel more comfortable incorporating syncopated rhythms in your swing dancing, learn to smooth out your transitions, while simultaneously increasing the fun factor in your dancing.

### **Shim Sham - All Levels - Ursula**

Classic line dance and one of Frankie's favorites done every Wednesday night at Sons.

### **Balboa Basics & Beyond - All Levels - Sylvia**

Be at one with Balboa-NESS and let Sylvia be your guide. A fun class for beginners without Balboa experience but just as good for those who'd like to perfect their Bal with THE teacher who learned from the greats and who has spread this dance throughout the US and across the continents.

### **Charleston - All Levels - Mike & Shawna**

Learn this classic Charleston partner moves and some novel variations.

### **Lindy Hop Dress It Up! - Intermediate - Ramiro & Elaine**

Fancy Lindy Hop moves that wow!

### **Classic Lindy à la Sylvia - All Levels - Sylvia**

Sylvia will share some of her favorite Lindy moves that everyone should know.

### **Lindy Countdown - Intermediate - Mike & Shawna**

Learn how to play with the timing of your Swing Outs, suspending time and space (at least a few beats).

### **Rocket to the Moon - All Levels - Jeannie**

Explore ways to incorporate classic Jazz steps into your dance.

## Sunday, August 4, 2019

### **'60s Dance Craze - All Levels - Sylvia**

Learn solo dances that were popular in the the 1960s, including the Mashed Potato. This class is going to be a fun fab fad wake up and warm up for your Sunday morning.

### **Lindy Pop - All Levels - Mike & Shawna**

Coke Turn, Soda Turn or Pop Turn? Learn the basic Pop Turn and then quench your thirst for unique ways to use it.

### **Sylvia's Favorites - All Levels - Sylvia**

The defining move of Lindy Hop, the Swing Out, can be one of the most challenging to learn, yet most gratifying to execute. This class with Sylvia will send you out on your way to mastery.

### **Tap - Beginner - Misty**

Make music with your feet and bring new inspiratoin into your Swing.

### **Lindy Landing - Intermediate - Sylvia**

Sylvia is famous for her ability to look relaxed when she dances while always being ready for anything that comes her way. In this class she will impart her secrets of how to play it cool on the dance floor.

### **Sunset Shuffle - All Levels - Elaine**

The Sunset Shuffle is a regional dance done in Dallas in the 1940s and 1950s. Named after Sunset High School, it mixes well with Swing and makes dancing to faster tempos so easy and incredibly fun.

### **Slow Bal - All Levels - Sylvia**

This is a variation of Balboa flows nicely to slower music and uses the same basic rhythm as Lindy Hop. It will sooth your soles (left and right).

### **Space Odyssey - All Levels - Jeannie**

A great class for both leaders and followers, learn how to put your own style and musical expression into your dance as you develop your ability to use your whole body while dancing.