

Beyond Beginner / Intermediate Classes

**BEGINNING SUNDAY SEPTEMBER 10, 2003 - 7:00 PM
425 BRUNSWICK STREET, SENIORS ACTIVITY CENTER**

SCHEDULE AND PREREQUISITE STEPS TO KNOW BEFORE ENTRY INTO BEYOND BEGINNER / INTERMEDIATE ON PAGES 2 AND 3

The first set of four lessons will commence - Sunday evenings: - September 10, 17, 24 and Oct 1. The cost for each set of four classes will be \$25.00. (Drop-in rate will be \$10.00/lesson/person for those who know the basic prerequisite steps but cannot attend the full set of classes.) Payment can be made by e-transfer to my email or phone number; or cash / cheque at the door when signing in.

7:00pm – Doors Open

7:10-7:30: I will do a basic steps review on the first night as a quick refresher only on the first night. The following three weeks we will review the previous weeks new steps during this time.

7:30-8:30: The Beyond Beginner/Intermediate lesson will run from 7:30-8:30. I will ask for people to consider changing partners through the lesson to develop a better lead and follow experience - not mandatory, suggested.

8:30-9:00: The Lesson will be followed by open dance practice between 8:30 - 9:00pm. Attendees can feel free to request songs for any style of dance during this half hour.

BASIC STEP KNOWLEDGE REQUIRED: To attend the beyond beginner / intermediate classes, participants will need to know the beginner steps in the dance style being taught. Please see the attached PDF Schedule for Basic Step Prerequisites.

For new dancers - please continue to look at the DanceNorth.ca website for their September to December 2023 schedule (Monday and Friday nights). Dance North and Dance PG will work together to ensure dancers are confident in beginner steps and have a great experience learning and progressing on dance steps. I will be attending both Monday and Friday nights as well - as you can never get enough of the basics, and Peter and Paz have other moves they put in as well as the class readiness allows. On Friday Nights - I will be showing one advanced move between 8:15 and 8:25 - that will be relevant to what is being taught.

I look forward to continuing to work with you all to further your dance knowledge and progress.

Please do not hesitate to email/text/phone me should you have any questions. As always comments/feedback will always be welcome.

Wendy Schmidt - DancePG.ca - Email: Codasam@telus.net - Cell: 250-961-1483

**BEYOND BEGINNER/INTERMEDIATE SOCIAL DANCE LESSONS
- SCHEDULE – SEPTEMBER TO DECEMBER 2023 –
SUNDAY NIGHTS – 425 BRUNSWICK STREET**

**NOTE: PROFICIENCY IN BASIC STEPS REQUIRED FOR ENTRY IN BEYOND BEGINNER
SEE LIST ATTACHED OF STEPS TO KNOW**

DOORS OPEN 7:00PM. FIRST NIGHT BASIC STEP REVIEW THEN PREVIOUS LESSON REVIEW 7:10-7:25.

COST/PERSON FOR DANCE STYLE	BASIC / PREVIOUS LESSON REVIEW TIME	BEYOND BEGINNER / INTERMEDIATE LESSON TIME	LESSON DANCE STYLE	OPEN DANCE (STYLES OF MUSIC MAY BE REQUESTED)
\$25.00 September 10, 2023 September 17, 2023 September 24, 2023 October 1, 2023	7:10-7:25	7:30-8:30	SOCIAL WALTZ	8:30-9:00
\$25.00 October 8, 2023 October 15, 2023 October 22, 2023 October 29, 2023	7:10-7:25	7:30-8:30	CHA CHA CHA	8:30-9:00
\$25.00 November 5, 2023 November 12, 2023 November 19, 2023 November 26, 2023	7:10-7:25	7:30-8:30	STANDARD FOXTROT	8:30-9:00
\$20.00 December 3, 2023 December 10, 2023 December 17, 2023	7:10-7:25	7:30-8:30	COUNTRY WESTERN TWO STEP	8:30-9:00

DECEMBER 18, 2023 - SEASON BREAK - TO RESUME TENTATIVELY ON JANUARY 5, 2024

Payment is by Cash, Cheque,(or E-Transfer to Wendy Schmidt)

**Payment due first night at beginning of lesson group.
#25.00/person/4 week group. Drop-in is \$10/person/night**

FOR QUESTIONS/REGISTRATION PLEASE CONTACT

DANCEPG.CA - WENDY SCHMIDT -- CODASAM@TELUS.NET - 250-961-1483

PREREQUISITE STEPS TO KNOW BEFORE ENTERING BEYOND BEGINNER CLASSES

(NB: Steps listed below are the introductory beginner basic steps that were/are taught at this Summer's Fund Raiser Dance Lessons, and previously at Dance North Classes 2022/2023).

WALTZ	CHA CHA CHA
Progressive Basic	Basic to the Side
Natural Turns	Basic Forward and Back
Reverse Turns	Basic with Ladies Turn
Balance Steps	Ladies Figure 8 Turns
Hesitations	New Yorks
Whisk, Chasse, 123 of Natural Turn	Hand to Hand
Hesitation Change	Solo Turns
Promenade A, B, C,	Shoulder to Shoulder
Turning Box	Chase
Turning Box with Ladies Turn	3 Chas

FOXTROT	CW TWO STEP
Progressive Basic	Progressive Basic (P. Basic)
Basic Running Step	Progressive Basic with Ladies Turn
Zig Zag	Progressive Basic to Promenade
Promenade A, B, C	Promenade to Progressive Basic
Side Sway A, B, C	Progressive Basic to Cuddle
Sway Turn for Corner	Cuddle to Progressive Basic
Check Step	Progressive Basic to Sweetheart
Stagnant Box	Sweetheart to Progressive Basic
Turning Box	Ladies Turn Out of Cuddle/Sweetheart
Turning Box with Ladies Turn	P. Basic, Backward, Turn to P. Basic

Individuals should feel confident in the above steps before moving to a Beyond Beginner/Intermediate Class.

A quick review will be done at the first lesson of each 4 week group - between 7:10-7:25.

Thereafter a review of the previous week's step(s) will be reviewed between 7:10-7:25.

For anyone missing or forgetting any of the listed steps, but feel ready to move on, please contact me for a review.