

# Harmony Ballroom School of Dance

## Fall 2019 Class Schedule:

SEPTEMBER-OCTOBER: Session I

### **Basic Fundamental: WALTZ**

**Class Description:** This is the perfect introduction to learning how to waltz across the social dance floor with fluidity, confidence, and grace. Learn basic steps and technique, fundamental ballroom elements such as proper alignment and balance, as well as fun beginning figures that will keep you moving on the floor. Even if you think you have two left feet, this class is for you.

**Session Start Date:** September 17 – October 22, 2019

**Meeting times:** Tuesday evenings, 6:30-7:30 pm  
(Includes open dancing after lesson)

### **Intermediate Technique: “MOVE LIKE A DANCER”**

**Class Description:** In this class you will learn advanced technique that applies to all social dances and is guaranteed to make you shine. Learn about CBMP, proper alignment, fluidity, beat slurs, footwork, and various lines of dance. Find application to these techniques through advanced figures across various dances, such as waltz, foxtrot, tango, rumba, and cha-cha.

**Session Start Date:** September 21 – October 26, 2019

**Meeting times:** Saturdays, 1:00-2:00 pm  
(Includes open dancing after lesson)

### **Accelerated Fundamental: “MOVE LIKE A DANCER – WALTZ”**

**Class Description:** This is the perfect class for the experienced dancer who is new to ballroom. In an accelerated format you will learn the footwork, technique, fluidity, grace, and stylistic elements of the waltz, while working on alignment, CBMP, and balance. After six weeks, we will apply the same approach to other ballroom dances, covering American Smooth and Rhythm over the course of the year.

**Session Start Date:** September 21 – October 26, 2019

**Meeting times:** Saturdays, 2:00-3:00 pm  
(Includes open dancing after lesson)

Upcoming: OCTOBER-NOVEMBER: Session 2

**Basic Fundamental: FOXTROT**

**Intermediate Technique: WALTZ**

**Accelerated Fundamental: FOXTROT**

**Session Start Date:** October 29 – November 7, 2019

DECEMBER: Stay tuned for an announcement about our first annual HOLIDAY SOCIAL!