



Blues^a:

Getting Started

with Allena Tillman-Brown

March 21 and 28, 2010

German Club, Mystic, CT

4:30 - 5:30 and 5:45 - 6:45

Not quite a workshop, but not quite a series, these four classes take place over two Sundays so you do not have to commit to a whole month!

Come and learn how to move your body with greater confidence, start finding a Blues pulse, and explore the fun that is Blues dancing.

No Partner Necessary, just a smile!

March 21: In the first hour we will get started with the various ways of moving your body and getting comfortable with 'bluesy' movements. In the second hour, we will begin partnering up and exploring the various ways that partners can connect without being reduced to sketchy Blues!

March 28: We will start off with a review of the previous two classes before jumping in with the form of the music and how we can start traveling with it. After all, you are not limited to one spot on the dance floor! In the final hour, we will introduce 'play' and how it can change your turns. Find confidence in your own style.

Location: Shoreline Swing

54 Greenmanville Ave. (Rd. 27), Mystic, CT 06355

Registration: Blues A with Allena Tillman-Brown- March 2010

Name: _____

E-mail: _____

Phone: _____

Please choose the following:

Leader ___ Follower ___

Early registration ___ Walk-in ___

Cost: **Members:** **Non-Members**

Early Registration: \$40/series

\$50/series

Check # _____

Cash _____

Walk-in: \$50/series

\$55/series

If mailing registration, please no later than 3/13

Shoreline Swing, P.O. Box 316, Mystic, CT 06355