

# SATURDAY

ALAIN & FLOUER

13:15-15:15

Delicious Close Embrace Pt 1: Meet Alain & Flouer's new favorite dance together... a close embrace dance combining the gooey connected sensation from micro fusion with the technique and power of traveling dances. In this first class we explore body movement in close embrace and nerd out on some of the beautiful intricacies of subtle weight shifts.

16:00-18:00

Transitions & Diverse Vocab: In our quest to 'fuse' different ways of dancing, we will build sophisticated vocabulary and challenge ourselves to transition between contrasting ways of moving: grooving on the spot, progressing around the floor, stretching and compressing, flowing fluidly.

BRENDA RUSSELL

13:15-15:15

Social dancing is made up of sequences of moving body positions, dynamic interactions, rhythms and aesthetics expressed in the individual's body, then shared between partners. Two arms and two legs with an articulated pelvis and spine can move in a number of ways. Explore the possibilities that allow you to understand, learn, and execute any partner dance. Use tools and concepts presented in this session to create infinite dance experiences.

16:00-18:00

Movement, Swing, Shapes, Torque, Dynamics. Understanding the human body, and layers of movement for creating dynamic partnering, intentional aesthetics, and organic technique and connection. Use tools and concepts presented in this session to develop and maintain healthy mechanics in your own body and in relation to others..

XANDY LIBERATO

13:15-15:15

Communication between leader and follower roles requires constant communication and energy management. We will deepen these principles in order to increase awareness and sensitivity in partner dance.

16:00-18:00

Fusion dance offers infinite possibilities. In this session we will explore the Brazilian Zouk connection applied to Fusion on the spot and in close embrace.

# SUNDAY

ALAIN & FLOUER

13:15-15:15

Delicious Close Embrace Pt 2: Meet Alain & Flouer's new favorite dance together... a close embrace dance combining the gooey connected sensation from micro fusion with the technique and power of traveling dances. In part two we again dive into the feelings of close embrace, then pivot to learn some more difficult rhythmic patterns and even a fancy move or two. You are welcome to attend without attending part 1.

16:00-18:00

Peperoncino: Add a little spice to your dance with well constructed moments of high tone. Find out how and when higher tone can add safety for both leads and follows, create musical dynamism, and learn to match your partner in these moments of intensity.

BRENDA RUSSELL

13:15-15:15

Time signatures, Pulse, Aesthetics. Music is our true teacher. We will explore elements of dance styles, commonly played songs, and how tradition informs progress through essence. Use tools and concepts presented in this session to play with any movement, partner, or song.

16:00-18:00

Sway with me - 3/4 & 6/8 time  
These time signatures are common at fusion dances, learn what they mean and tools for dancing musically and creatively to each. One-step and Two-step concepts and multiple rhythms will be explored in this session.

XANDY LIBERATO

13:15-15:15

We will deepen the Fusion connection, explore steps from different dance styles and open the possibility towards head movements.

16:00-18:00

Sensitive connection and different ways to dance Fusion with 3 people