

# The Art of Effective Lead & Follow

## Sunday Workshops & Practice at Starlite

**Sunday, December 14, 2008 (& every Sunday!)**

### **Viennese Waltz Technique - "Theory & Lab Work"**

**2:00-3:00 PM**

- Reverse Turn - Specifications & Drills (25 min)
- Natural Turn - Specifications & Drills (20 min)
- Change Steps - Specifications & Drills (10 min)
- Dance to slow music (5 min)

### **Foxtrot Technique - Review of "The Natural Approach to Foxtrot Swing" lecture by Igor Suvorov (Dec 7) & "Foxtrot Specifications & Technique" by Sharon**

**3:00-4:15 PM**

- Reverse Turns (lady's heel turn, 10 min)
- Feather Finish (10 min)
- Natural Turns & Exits - How to lead & what to follow (refer to class handout, 20 min)
- Practice Routine (simple 4 walls of 4 diff. corners, 15min)
- Question & Answer (5 min)

### **Ballroom Practice (with rounds at 4:15 & 4:45pm)**

**3:00-5:00 PM**

- \$10 1-class** (ballroom practice till 5pm included)
- \$15 2-class** (ballroom practice till 5pm included)
- \$5 practice only** (FREE/professional)

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**\* Refreshments**

**\*\* 1/2 OFF coupon to Starlite Sunday night parties**

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*All dancers welcome including pro/pro & pro/am couples  
Solo work encouraged - Partner not necessary*

**A great opportunity to meet & dance with other unpartnered dancers!**

See [www.sharonliu.com/class/schedule.html](http://www.sharonliu.com/class/schedule.html) for more info

Contact: [sharon\\_liu@hotmail.com](mailto:sharon_liu@hotmail.com) or 650-906-8641



**\*\* NEWS \*\***

**2 Great Workshops  
every Sunday!**

**Christmas Dinner Dance**

**Dec 19, 6:30-12:00**

**Foster City**

**Professional Performance**

**\$60 fine wine & appetizer 6:30**

**\$45 gourmet dinner 7:00**

**\$25 General Admission 8:30**

**Dancing till midnight!**

**Call (650) 906-8641**