

# Starlite Sunday Matinee

## Ballroom Workshops & Practice

**Sunday, November 30, 2008 (& every Sunday!)**

**Foxtrot - Heel Turns, the easy & accurate way!**  
2:00-3:00 PM

**1) Review - Timing of Feather Step & Three Step with Swing/Sway**

- Feather Step 1&2& 3& 4&
- Three Step 5&6& 7& 8&

**2) Heel Turns & Feather Finish specification - Timing & body position**

**3) Natural Turn exits - How to lead & what to follow?**

- Hesitation or Impetus
- Natural Weave
- Hover Cross

**4) Dancing to music with a practice routine (4 walls)**

**Waltz Floorcraft "Lab" - Case studies & drills**

**3:00-4:15 PM (Question & Answer 4:00-4:15 PM)**

We'll learn and apply a few simple but very useful Waltz amalgamations with flexible entry and ending { Handouts are provided to the class }

**Case 1) Natural figures going into corner to NLOD (new wall)**  
- corner is not available

**Case 2) Whisk getting out of corner (after long wall)**  
- exiting path is not clear

- 2a) exiting with Weave from PP (solutions given in class)
- 2b) exiting with Wing - Chasse to Right (solutions given in class)
- 2c) exiting with Chasse - Closed Wing (solutions given in class)

**Ballroom Practice (with rounds at 4:15 & 4:45pm)**  
2:00-5:00 PM

1 Class: \$10 (practice included)  
2 Classes: \$15 (practice included)  
Practice only: \$5/person, FREE/professional

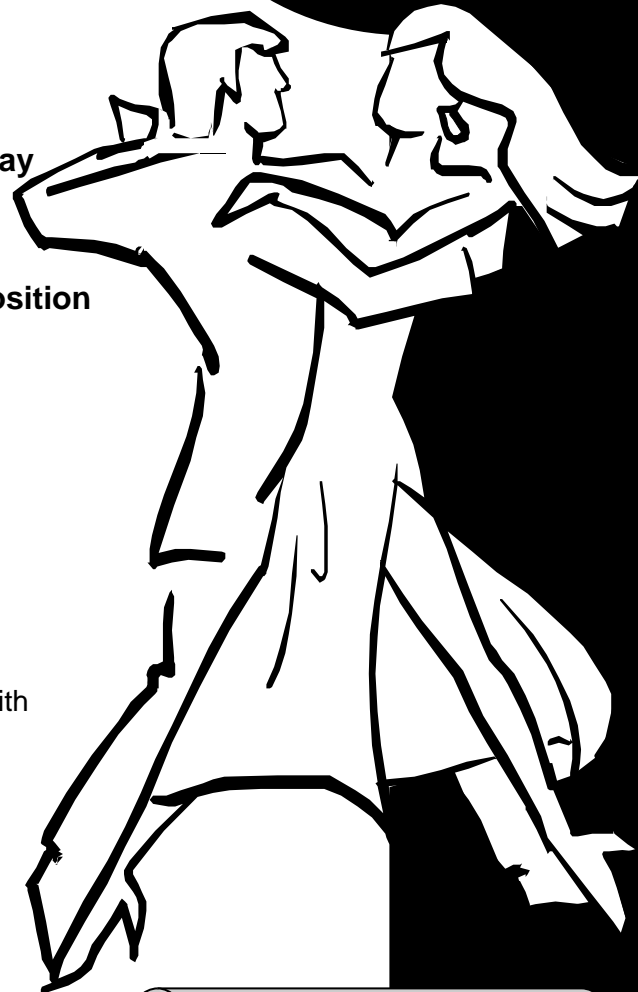
~~~~~  
\* Refreshments

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

~~~~~  
*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



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

**Waltz & Tango Workshop**  
Dec 7, with Frances co

~~~~~  
**Christmas Dinner Dance**  
Dec 19, 6:30-12:00  
Foster City

**Professional Performance**  
limited VIP passes  
\$ 50 fine wine & appetizer 6:30  
\$ 35 gourmet dinner 7:00  
**Dancing till midnight!**  
Call (650) 906-8641