

# The Art of Effective Ballroom Dancing

## Sunday Workshop Series & Practice @Lehua Ballroom

### Sundays in March, 2011 (every Sunday!)

#### Foxtrot Topics & Variations 2:00-3:00 PM

- \* Foxtrot Overview: Swing, Turn, Side-leading & CBM
- \* Feather Step - specifications & applications
- \* Reverse Turn - key elements for successful execution!
- \* Feather Finish - things falling apart? let's examine it
- \* Three Steps - the challenges & the mistakes (Ouch!)
- \* Natural Turn - the difference & the secret (Aha!)
- \* Weaves - characteristics: nice & easy? + charming styling ..
- \* Reverse Wave - "the biggest fish to fry?" .. got solutions!

(These topics and applicable variations that reinforce our learning are to be covered throughout Sunday workshops in March)

#### Ballroom Practice 3:00-4:00 PM

- \* Music focus: International Ballroom

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**March Specials:**  
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\$6 (2:00-4:00 pm)

\$3 (3:00-4:00 pm)

(discount available for full-time student)  
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**Refreshments**  
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*All dancers welcome,  
who are interested in effectiveness and quality in ballroom dancing  
Solo work encouraged • Partner not necessary  
A great opportunity to learn, improve, and motivate each other!*  
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sharon\_liu@hotmail.com ♦ (808) 489-8200

Lehua Ballroom (lobby level) @ Ilikai Hotel  
1777 Ala Moana Blvd, Honolulu, HI 96815



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

*Let's Dance @Ilikai  
dance party*

5:30-9:30pm Tuesdays!  
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**\* Ladies Dancercise**

ON Ballroom & Latin Syllabi

**\* Gentlemen Ballroom**

(Tango in March)

9-11am Thursdays!  
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info inquiry

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