

## USA Dance Pittsburgh Workshop Class Schedule – September 29, 2018

Level 1—Basic movement and timing principles for social dancers.

Level 2—Techniques for expanding your partnering and body awareness.

Level 3—Using your mind/body connection to enhance your musicality, performance and pleasure.

9:30 am

Level 1—Understanding individual dance rhythms and timings. Jim Page

Level 2—How to feel good to your partner—moving as one in smooth and standard dances. Christine Zona

Level 3— International Rumba “Leg action, foot pressure, tracking and rotation of feet to stay balanced! Rozana Sweeney

10:30 am

Level 1—Practicing Poise and Posture in smooth and standard dances. Christine Zona

Level 2—Exploring types of spins and turns. Jim Page

Level 3— International Cha-Cha. “Timings and syncopations in fundamental steps! Rozana Sweeney

11:30 am

Level 1— International Latin. What does it mean to be on your foot?! Rozana Sweeney

Level 2—Social vs Competitive styling. Jim Page

Level 3—Achieving your best performance for shows and competitions. Christine Zona

1:30 pm

Level 1—Variations of Foxtrot including Nightclub Foxtrot and Texas 2 Step. Jim Page

Level 2— Swing vs. Jive – There is a difference! Terry Sweeney

Level 3—Using the whole body to create arm and hand movements in smooth dances. Christine Zona

2:30 pm

Level 1—Introduction to Quickstep. Christine Zona

Level 2—Using common components and patterns in new ways in Foxtrot and Tango. Jim Page

Level 3— American Rumba “The Truth” Feet, Legs and Musicality! Terry Sweeney

3:30 pm

Level 1— American Mambo “Finding the TWO”! Terry Sweeney

Level 2—Effortless swing and sway within male and female roles. Christine Zona

Level 3—How to have more fun using advanced timings. Jim Page

## **INSTRUCTORS**

### **Terry and Rozana Sweeney, Pittsburgh PA**

Terry and Rozana have over 50 years of combined teaching and dance experience. Teaching in Pittsburgh since 1996 at the Art and Style Dance Studio in Etna, Rozana and Terry are former national and international Latin and Ballroom Champions. They are national judges for the USA certified by the National Dance Council of America and the North American Dance Teachers Association and are members of the World Dance Council. They are Dancing Classrooms Teaching Artists for Pittsburgh, Point Park University Ballroom instructors, Latin coaches for Carnegie Mellon University Ballroom Dance Club, and Pitt University Ballroom Coaches. They are organizers of the Three Diamond DanceSport competition held in June at the Hyatt Regency Airport where Terry is also the Master of Ceremonies.

### **Christine Zona, New York, NY and Pittsburgh, PA**

Christine Zona has been teaching ballroom dance since 1980. She has competed professionally in the International Standard and Latin, and the American Ballroom divisions. Titles include the North American Rising Star American Ballroom Champion and Chicago Harvest Moon Ball American Ballroom Champion. Christine has also published a how-to dance book, "Gotta Ballroom," which includes the American style ballroom dances: Waltz, Tango, Foxtrot and Viennese Waltz. Currently, she is a certified adjudicator with North American Dance Teachers Association and USA Dance. Christine is a dance coach at Carnegie Mellon University and is also a visiting coach at various universities.

### **Jim Page, Pittsburgh, PA**