CEROCSHOP

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WEEKEND WORKSHOPS DESIGNED TO IMPROVE CONFIDENCE AND ABILITY

These dynamic, intensive weekend workshops are designed specifically to fast-track new dancers to a freestyle standard, giving a solid technical foundation of the basic moves with which you can develop a repertoire of more complex moves.

Personal attention from the teacher and their assistant leads to a positive, progressive learning environment where improvement is rapid. Sign up yourself or with your partner or friends and experience how a Cerocshop can improve your dancing in just a few short hours!

LEE CHAPEL NORTH COMMUNITY HALL
Ballards Walk, Basildon, Essex, SS15 5HL, 2.00pm 5.00pm

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IMPROVE CONFIDENCE AND ABILITY

BEGINNERS DAY

Jumping right back to basics you will cover the Ceroc essentials and build up to learning a range of Beginner moves, and finally link together sequences for freestyle.

ONLY £15

CLASSICS DAY

Every intermediate class contains a classic move which is designed to introduce new intermediate dancers to the next level. The classic moves act as building blocks to aid your progression and also cover techniques such as multiple spins and turns, new signals and how to enter into (and out of) a 'crossed' hand hold. We will also cover the basic techniques for a Lean and Seducer.

ADVANCED WORKSHOP

For dancers comfortable with the Intermediate class and who can freestyle confidently.
This workshop will be split into three parts:
Part 1 - Introducing footwork techniques and how to travel across the dance floor
Part 2 - Leadable flashy moves
Part 3 - Introducing musicality to your dancing

DATES 2019

Sunday 24th March - Beginners Day
Sunday 28th April - Classics Day
Sunday 23rd June - Beginners Day
Sunday 21st July - Advanced Workshop
Sunday 15th September - Beginners Day
Sunday 27th October - Classics Day
Sunday 1st December - Beginners Day

PLEASE NOTE: ALL PLACES ARE TO BE PRE-BOOKED

www.ceroc.com/ceroc-basildon info@cerocbasildon.com