

CEROCSHOP



ONLY
£20

WEEKEND WORKSHOPS DESIGNED TO IMPROVE CONFIDENCE AND ABILITY

LEE CHAPEL NORTH COMMUNITY HALL

Ballards Walk, Basildon, Essex, SS15 5HL, 2.00pm - 5.00pm

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 workshop can improve your dancing in just a few short hours!

CEROCSHOP

IMPROVE CONFIDENCE AND ABILITY

BALLROOM AND LATIN WORKSHOP

The three hour workshop will be split into two halves, with the first half concentrating on the basics of the Latin Dancing (Rumba and Cha Cha) and the second half concentrating on the basics of some of the Ballroom dances (Waltz and Quickstep). The workshop will be suitable for complete beginners and start with the basics of each dance. Learning the basics of other dances will always help you improve in Ceroc as the principles can be applied to all forms of dance.

BEGINNERS WORKSHOP

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.

INTERMEDIATE WORKSHOP

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 2020

Sunday 26th January - Ballroom And Latin Workshop

Sunday 9th February - Beginners Workshop

Sunday 29th March - Intermediate Workshop

Sunday 17th May - Beginners Workshop

Sunday 21st June - Intermediate Workshop

Sunday 26th July - Advanced Workshop

Sunday 20th September - Beginners Workshop

Sunday 22nd November - Intermediate Workshop



PLEASE NOTE: ALL PLACES ARE TO BE PRE-BOOKED