

# Beginning Swing Series with Anthony and Rachel!

Rhythm Dance Lounge (4821 Central Ave NE)  
Four Sundays, Sept. 12-Oct 3. \$45/series, \$75 for both!

*Come learn this fun and athletic dance that's been sweeping the world! No partner or experience required! Not sure if this is for you? Take our free beginning taster class, 7:00 PM Saturday, Sept. 11!*

## Lindy Hop (3:00 PM-4:00 PM)

### 1. Swing out fundamentals

This class will be a breakdown of the connection you will need to create a great feeling swing out!

### 2. Classic moves

Nothing less than the bread and butter of what makes Lindy Hop. We'll give you the versatility you want in your dance with moves such as switches, lindy circles, and sugar pushes.

### 3. What you need

Based on how the classes thus far have developed, we will tailor this class to offer rare nuggets of knowledge to everyone! Expect anything from connection and technique to styling and variations!

### 4. Sweet turns and tricks

You made it! Here we'll put a lot of what we have learned so far into a melting pot and you'll be surprised at what you didn't know you knew!

## Charleston (4:15 PM-5:15 PM)

### 1. Charleston fundamentals

This class will focus on the classic feel of Charleston, as well as creating a solid connection between you and your partner.

### 2. Movement in Charleston

Here we'll explore more of what makes Charleston so easy and fun! With a focus on connection and momentum, you'll learn how to make the most of your space on the dance floor.

### 3. Hand-to-hand Charleston

Spice your Charleston up with these sweet moves! We'll be adding a few exciting things to your vocabulary and strengthening your foundation.

### 4. Tandem Charleston

Considered one of the more difficult variations of Charleston! We'll break this down for you and give you something to chew on.

Questions? Contact Anthony at [anthonyachen@gmail.com](mailto:anthonyachen@gmail.com)