

March Workshop

The S. Central PA Salsa Meetup Group Presents **Dance Technique & Styling Workshop**

w/ Grace Badillo of Dancing With Grace Productions

Visit our website at www.dancingwithgrace.com

Saturday: March 15, 2008: 1:00-5:00 p.m.

Session 1: 1:00-2:30: Arm Styling For Women

Develop the skill of knowing what to do with your arms when being led into Cross Body Leads & other moves in Salsa. Learn the “The Palm”, “The Palm Tree”, “The Crane” and more. **Men, come and perfect your cross body lead while the ladies practice!**

Session 2: 2:30-4:00: Balance & Spinning Technique For Men & Women

Discover the keys to balance and spinning technique. Have you ever been off balance? Do you experience vertigo? So did I! Come learn from a dizzy dancer who changed her focus and learned how to do multiples against all odds! This class is for every dancer and anyone wanting to become better at turns and multiples spins.

Session 3: 4:00-5:00: Freestylin' Footwork For Men & Women

Learn how to do footwork & shines and create your own!

Entire Workshop \$40.00 for the S. Central PA Salsa Meetup Group! Individual Workshop Cost: \$25.00

This entire workshop is valued at \$80.00

No Partner Necessary

Hugo & Grace are a husband and wife team who have been providing salsa dance instruction for many years. Together they founded the Dancing With Grace Productions which provides dance instruction for salsa, Merengue, night-club Cha-Cha, Bachata, professional dance shoes, cds, team building and instructional dance videos. They have

received training from salsa legends & are the only certified salsa instructors in the entire state of PA, MD, DC and GA! They feel certain you will be satisfied with the sure fire techniques they have developed to make you the salsa dancer of your dreams! We Celebrate you, your efforts and thank you for being a part of our special Salsa Dance Community in Baltimore & Beyond.



Location: Rumbha Club (Hotel Brunswick, Lancaster, PA 2nd Floor next to Hotel entrance) 151 N. Queen St. Lancaster, PA 17603