

## BALLROOM DANCING FOR BEGINNERS

Wednesday 12 January for 10 weeks

8.00pm – 9.00pm

£70 per person

Tutor: Claire Russell

### Brief Description:

This course is suitable for absolute beginners and those who wish to refresh their basic ballroom dancing skills. If you enjoy dancing to music, want to get fitter and would like to feel more comfortable and confident moving around a dance floor, then this course is for you.

Learn ballroom and Latin American dances including Waltz, Foxtrot, Quickstep, Tango, Cha Cha, Samba, Rumba, Jive.

Dance partner required.

### Course Aims:

- Continue to introduce basic ballroom and Latin American dance steps
- Learn about the origins of each dance and the music, counting in beats according to the time signature of the dance.
- Improve fitness
- Gain confidence

### Extra Costs:

None

### What you need to bring to the first session:

Comfortable clothes

Shoes with a back in to support the heel (trainers are too grippy)

Bottle of water

### Location:

Small Gymnasium, Impington Sports Centre, New Road, Impington, Cambridge, CB24 9LX

### Class Dates:

12, 19 & 26 January

2, 9 & 23 February (No lesson 16 Feb – Half-term)

2, 9, 16 & 23 March