

Welcome to



Wednesdays from 8pm

St Matthias Church, North Hill

Welcome to *Mad About Swing*. This leaflet outlines what to expect at one of our classes. We hope it's of help to you and we hope you enjoy the evening!

8.00 Beginners' Footwork

All swing dances are based on a specific footwork pattern which you will need to be aware of before the actual beginner lesson starts at 8.15. We also recommend practising your footwork at home as it really helps to make these patterns become second nature.

8.15 Beginner Lesson

We aim to structure our lessons so that they are suitable for any new beginners that come along each week. We felt that this would be better than getting people to 'subscribe' to a course in advance. Owing to the nature of the dance, some weeks will be harder than others depending on the content we cover. Each week you'll learn a new piece of the 'jigsaw' so that after attending several lessons you have the knowledge and confidence to attend the improver class.

In any one class we endeavour to teach you a sequence of figures that you can repeat throughout an entire track of music. As you get better you will be able to combine the range of moves we teach you in to an order dictated by the leader. Lindy hop is a lead and follow dance which means that the lead (usually a man) chooses and dictates the moves danced. Although we teach the moves in a particular sequence, the figures can be danced in a variety of different ways.

9.00 Practice session/freestyle

This is a chance to practise the moves you've just learnt and to dance socially. Duncan and Louise will always try to dance the first song together so that new people can get an idea of what the dance style looks like and what they are working towards. During this practice session please come and ask us any questions you might have regarding the class. Lindy hop is a social dance so go and grab someone and get on to the dance floor!

9.30 Improver class

This class is aimed at those comfortable with the basics. To participate in this lesson we would like you to be comfortable with the swing out, basic, circle and tuck turn. Many of the figures we teach will build upon these basic patterns. Therefore it is assumed that you are competent at these moves already.

10.15 Social dancing until 11.00

Another chance to practise those moves. The best way to progress in any dance is to practise. Don't be afraid to ask others to dance, especially more advanced dancers.

Drinks Tap water is provided for free. Please help yourself but write your name on your cup so that you can reuse it throughout the evening. Bottled mineral water (40p) and canned soft drinks (50p) are also available from the blue freezer box. Help yourself to these too, leaving payment in the honesty box provided. You are, of course, also welcome to bring along your own drinks if you prefer, including alcohol.

Events Check out the desk littered with fliers advertising up-and-coming swing events. In addition to the fliers we produce a calendar which outlines the main events to look out for. Be sure to pick one up!

Clothes We recommend that you wear comfortable casual clothing and flat shoes.

We hope you have a great evening at *Mad About Swing*.