

## FOUNDATION 8.10pm - 9.00pm

The Foundation class is where our dancers embark upon their very first steps. If you haven't danced before, it can all be a little daunting so these lessons are all about getting you moving and the basics of lead and follow.

### Foundation Triple Steps

Triple steps are the cornerstone of Lindy Hop because they comprise the syncopated rhythms that are found in the swing music that we dance to. You can bust these out to fast tempos but beginners will find these steps most suited to slower tunes.

### Foundation Lindy Charleston

A high-energy kicking pattern that is essential for every Lindy Hopper to know. These lessons cover figures such as Side-by-side Charleston, Hand-to-hand Charleston and other well-known kicky-figures. This footwork pattern is best suited to medium and fast tempos.

### Foundation Groove

Groove is the simplest footwork pattern that we teach. It's a 6-beat pattern consisting of fasts and slows. It's easy to pick up and great for cruising along to medium and fast tempos.

## HIGHER-LEVEL 9.30pm - 10.15pm

Our "GARY coloured" classes (Green, Amber, Red, Yellow) are geared towards dancers of differing abilities. Please ensure that you read the level descriptors carefully to ensure you don't find yourself in the wrong class.

### Green

Green attendees need to be comfortable with their basic footwork (Groove, Lindy Charleston and both 6 and 8 count Triple Step figures). You need to be able to dance all of these figures socially but not necessarily really well. This arena is where you'll learn (and later hone) the signature Lindy Hop figures such as The Swingout, Basic (sometimes called the Lindy Turn) and Circle. You'll also develop your Lindy Charleston skills, adding Tandem Charleston to the mix and work on transitioning smoothly between different footwork patterns. These figures will be taught alongside other suitably challenging figures and variations.

### Yellow

These special edition classes are open to dancers of all abilities who can at least social dance some basic figures. Yellow sessions can cover a range of topics including musicality, floor craft, solo movement, connection and creativity.

### Amber

Amber attendees need to know their core basics (learnt in **Green**). You will need to be able to social dance the 'Big 3' triple moves (Swingout, Basic, Circle) alongside the 'Big 3' Lindy Charleston patterns (Side-by-side, Hand-to-hand, Tandem). You don't necessarily need to execute these figures smoothly but you do need to be capable of social dancing them successfully at decent tempos. These sessions are about fine-tuning your lead/follow, consolidating and building on the core figures and introducing an array of additional variations.

### Red

Red attendees are more experienced dancers who can social dance the core figures and variations (taught in **Amber**) at a range of tempos. You should have musicality within your Lindy arsenal and should be able to adapt your dancing to suit the partner you're with. As well as adding more complicated figures to your repertoire, you'll be confronted with challenging material, technique and concepts. Be prepared to get actively involved in group discussions, problem solving and experimentation.

## BALBOA 7.30pm - 8.00pm

Balboa is a wonderful partner dance that developed in Southern California during the Swing era. Although it can be danced to a range of tempos, Balboa is usually associated with faster tempos and is the perfect addition to your Lindy Hop.

### Purple (Foundation Level)

Although these classes are open to complete beginners, we don't recommend you attend them on your very first night – try some Lindy Hop classes before giving Balboa a go! These foundation classes focus on the core basics of both pure balboa (in close hold) and bal-swing. Although Balboa is associated with faster tempos, it needn't be "athletic" so it's suitable for all ages and fitness levels.

### Pink

Our pink level classes build upon the content of the foundation block. You'll need an understanding of the core basics (such as lollies, come arounds, toss-outs and swivels) to attend.