

# February 2012 ~ Dance Classes ~ Des Moines Ballroom

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> Week 1 of 4 <b>Rumba / Cha Cha</b> 6-7 pm Beginner 7-8 pm Intermediate  7-8pm Advanced Cha Cha 8-9pm Adult Formation	<b>2</b> Week 1 of 4 <b>Foxtrot / EC Swing</b> 6:30-7:30 Beginner 7:30-8:30 Intermediate  6:30-7:30 Beginner Country	<b>3</b> Week 1 of 4 6-7 Beginner Salsa 2 7-8 Beginner Salsa 1 8-9 Beginner Salsa 3  7-8 WC Swing Variations  <b>Practice Party</b> 8-10 pm \$3 / each	<b>4</b> Week 1 of 4  10-11 Youth Beginner WC Swing  11-12 Youth Performance
<b>5</b> Week 1 of 4  12-1 Swing 2  <b>Salsa</b> 3-4 Style and Shine 3-4 Rueda 1 4-5 Rueda 2 5-6 Rueda 3	<b>6</b> Week 1 of 4 5:30-6 Youth Movement 6:6:30 Youth Partnership  <b>Waltz / Tango</b> 6:30-7:30 Beginner 7:30-8:30 Intermediate  <b>8-9 Classic Swing</b>	<b>7</b> Week 1 of 4  6-7 Beginner Bolero	<b>8</b> Week 2 of 4  <b>Rumba / Cha Cha</b> 6-7 pm Beginner 7-8 pm Intermediate  7-8pm Advanced Cha Cha 8-9pm Adult Formation	<b>9</b> Week 2 of 4  <b>Foxtrot / EC Swing</b> 6:30-7:30 Beginner 7:30-8:30 Intermediate  6:30-7:30 Beginner Country	<b>10</b> Week 2 of 4  6-7 Beginner Salsa 2 7-8 Beginner Salsa 1 8-9 Beginner Salsa 3  7-8 WC Swing Variations  <b>Practice Party</b> 8-10 pm \$3 / each	<b>11</b> Week 2 of 4  10-11 Youth Beginner WC Swing  11-12 Youth Performance
<b>12</b> Week 2 of 4  12-1 Swing 2  <b>Salsa</b> 3-4 Style and Shine 3-4 Rueda 1 4-5 Rueda 2 5-6 Rueda 3	<b>13</b> Week 2 of 4 5:30-6 Youth Movement 6:6:30 Youth Partnership  <b>Waltz / Tango</b> 6:30-7:30 Beginner 7:30-8:30 Intermediate  <b>8-9 Classic Swing</b>	<b>14</b> Week 2 of 4  6-7 Beginner Bolero	<b>15</b> Week 3 of 4  <b>Rumba / Cha Cha</b> 6-7 pm Beginner 7-8 pm Intermediate  7-8pm Advanced Cha Cha 8-9pm Adult Formation	<b>16</b> Week 3 of 4  <b>Foxtrot / EC Swing</b> 6:30-7:30 Beginner 7:30-8:30 Intermediate  6:30-7:30 Beginner Country	<b>17</b> Week 3 of 4  6-7 Beginner Salsa 2 7-8 Beginner Salsa 1 8-9 Beginner Salsa 3  7-8 WC Swing Variations  <b>Practice Party</b> 8-10 pm \$3 / each	<b>18</b> Week 3 of 4  10-11 Youth Beginner WC Swing  11-12 Youth Performance
<b>19</b> Week 3 of 4  12-1 Swing 2  <b>Salsa</b> 3-4 Style and Shine 3-4 Rueda 1 4-5 Rueda 2 5-6 Rueda 3	<b>20</b> Week 3 of 4 5:30-6 Youth Movement 6:6:30 Youth Partnership  <b>Waltz / Tango</b> 6:30-7:30 Beginner 7:30-8:30 Intermediate  <b>8-9 Classic Swing</b>	<b>21</b> Week 3 of 4  6-7 Beginner Bolero	<b>22</b> Week 4 of 4  <b>Rumba / Cha Cha</b> 6-7 pm Beginner 7-8 pm Intermediate  7-8pm Advanced Cha Cha 8-9pm Adult Formation	<b>23</b> Week 4 of 4  <b>Foxtrot / EC Swing</b> 6:30-7:30 Beginner 7:30-8:30 Intermediate  6:30-7:30 Beginner Country <b>BEGINNER PRACTICE DANCE</b> 7:30 - 8:30 pm	<b>24</b> Week 4 of 4  6-7 Beginner Salsa 2 7-8 Beginner Salsa 1 8-9 Beginner Salsa 3  7-8 WC Swing Variations  <b>Practice Party</b> 8-10 pm \$3 / each	<b>25</b> Week 4 of 4  10-11 Youth Beginner WC Swing  11-12 Youth Performance
<b>26</b> Week 4 of 4  12-1 Swing 2  <b>Salsa</b> 3-4 Style and Shine 3-4 Rueda 1 4-5 Rueda 2 5-6 Rueda 3	<b>27</b> Week 4 of 4 5:30-6 Youth Movement 6:6:30 Youth Partnership  <b>Waltz / Tango</b> 6:30-7:30 Beginner 7:30-8:30 Intermediate  <b>8-9 Classic Swing</b>	<b>28</b> Week 4 of 4  6-7 Beginner Bolero	<p><b>The best leader will lead themselves and not their partner. It is more about how we move inside than what we try to force someone to do on the outside. Extend your partner invitations to accept.</b></p> <p><b>The best follower will be patient and will not try to anticipate the leader's movements. Always working on closing one's feet, squeezing the legs together, and not being a burden on the leader.</b></p>			