

A vibrant poster for a vintage dance workshop. The background is a warm, reddish-orange color. At the top right, there's a large, stylized disco ball with a black and white grid pattern. In the center, the words "Vintage DANCE Workshop" are written in a playful, retro font. "Vintage" and "Workshop" are in a cursive script, while "DANCE" is in large, bold, block letters. Below the text, there's a photograph of a smiling man and woman dancing together. To the right, there are silhouettes of a man and a woman in a dance pose. Musical notes and a treble clef are scattered throughout the design. The overall aesthetic is nostalgic and fun.

# *Vintage* **DANCE** *Workshop*

**6TH ST ACTIVITY CENTER**

**JUN  
27**

832 6<sup>th</sup> Street  
Clarkston, WA

Enjoy up to four a la carte  
sessions ranging from  
beginner Jitterbug to  
variations of Lindy-hop  
**Social Dance @ 6pm!**

Call or Text Valerie  
509-552-9457

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# *Vintage* **DANCE** *Workshop*

## **8:45 a.m. Check-in, 9:00-10:00 Session 1 - Fundamentals of Swing**

In this session we will cover the basics of the following concepts  
Frame and Connection - Footwork - triple step vs single step in Jitterbug  
Rhythm and pulse - Shapes and patterns in Jitterbug

## **10:15 a.m. Check-in, 10:30-11:30 Session 2 - Beyond the Basics**

In this session we will build off of moves that have been taught in the 5 week Jitterbug series. Things that might be covered in this session could include:  
Creative combinations - Alternative leads for the same move -  
Fun follow hijacks - Frankies 6's - How to create new moves

**Note:** what we actually cover in this session is highly dependent on attendees wants, needs, and skill levels.

## **1:15 p.m. Check-in, 1:30-2:30 Session 3 - Mechanics of the Swing Out and 8-count Lindy Hop**

In this session we will cover the basics of the swing out. This will include breaking down each step, the lead and follow communication and experience throughout the swing out, and the common variations of the swing out.

## **2:45 p.m. Check-in, 3:00-4:00 Session 4 - Jazzing up your dancing**

In this session we will cover some of our favorite footwork variations and styling techniques. (This may necessitate a crash course on music structure and musicality.) Some variations might include:  
scissor kicks - swivels - 8-count breaks - shuffle slide - mess around

### Instructor bio:

Clay and Quinn have been dancing Vintage Swing for the past 10 years, attending dance workshops across the nation, and taking an intensive instructor course. They met at swing dance class and have enjoyed performing together, but their favorite thing is to pass their love of swing on to their students! They believe in the importance of always keeping their beginner dance shoes on, striving for excellence,  
and cultivating connection.

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