

# LADIES STYLING 8 WEEK COURSE

spincity  
dance

8 week course  
Thursdays 7 – 8pm  
Commencing 4<sup>th</sup> May  
Book now!!

Enticing hands, elegant arms, long beautiful lines, sensual body movement, sexy strutting, classy shine routines and partner work... Learn styling that will make you stand out on the dancefloor!

**SOUND GOOD?** Well this course is for you!

In this course you will start with basic exercises teaching you how to move your arms, legs, hips and upper body gracefully, learn salsa shines impeccably and with style. Then week by week we build on them so at the end of the course you will have a beautiful routine that showcases all that you have learnt.

This course is all about finding your style. Each class you will be given an array of movements that you can pick and choose from to develop your own individual style that will wow everyone on the dance floor or the stage.

You can then take it away to strut your stuff on the dance floor feeling sexy and confident!

This course will also cover some partner styling. Do you want to know what to do with that arm when he spins you or how you could make that step a little more stylish? In the last few weeks of the course we'll let you bring a partner for free so you can put into practice these new techniques with a partner.

**Learn the following steps:** Cross Over, Triple Point, Suzie Q/Plus/Cross, Grapevine, Heel Toe, Jazz Walks, Kick Ball Change, Step Tap, Box Step, Tip Toes, Body Rolls plus beautiful arms to match! Then let's shine!

**Teacher: Elysia**

## Elysia Baker

Elysia's styling is truly classy. With beautiful arm and leg extensions, her lines are impeccable and has a unique elegance in the way she carries herself when dancing that is not often seen! While she has poise and grace she also knows how to show it off and have fun so you can't help but enjoy yourself watching her and learning from her easygoing, friendly teaching style!