

ZOUK BEGINNERS COURSE

spincity
dance

Come and learn this beautiful, romantic dance style!! During the 8 weeks you'll learn the basic steps which will give you a solid foundation to all intermediate and advanced combination moves.

We'll break down every move with emphasis on timing, footwork and body styling. The 8 week course will cover most of the following:

- Basico - Basic step
 - Lateral or Diamond
 - One arm turn
 - Over arm turn
 - Lunge
 - YoYo
 - Viradinha
 - Bonus or Ribbon
- and many more

This course is suitable for absolute beginners or other style dancers who wish to learn Zouk Lambada foundations.

Teachers: JC & Anel

8 week course
Wednesdays 7-8pm
Commencing 4th May
Book now!!

Zouk is a style of rhythmic music originating from the islands of Guadeloupe, Martinique, Haiti, St. Lucia, and Dominica.
Zouk-Lambada (also called **Lambada-Zouk** or **Brazilian Zouk**) is a group of closely related dance styles *based on or evolved from* the lambada dance style and is typically danced to zouk music or other music containing the zouk beat. Zouk was first developed in Rio de Janeiro. It is mainly danced in Brazil (Rio and Brasilia), Australia, The Netherlands, Spain and some other European countries. It uses a modified, slower, smoother, even more sensual version of the old lambada and is typically danced on Zouk style music. In the Netherlands this dance style goes under the name of zouk-love.