

The seminar will consist of the following segments:

9 am - 12 pm

1. Fundamental Techniques
 - a. Footwork and Movement
 - b. Turn Technique
 - c. Frame and Posture
 - d. Partnership
 - e. Styling

12 pm - 1 pm

Lunch

1 pm - 3 pm

1. Dance Standards for Smooth Dances
 - a. Waltz
 - b. Night Club
 - c. Triple II
 - d. West Coast

3 pm - 5 pm

1. Dance Standards for Rhythm Dances
 - a. Two Step
 - b. Cha Cha
 - c. Polka
 - d. East Coast

Cost is \$10 per person per hour paid to ACDA. Participants can take all or any particular sessions. Please RSVP by July 20th to Jerry Rainey at jvdance@classicnet.net. Sessions can be paid for at the door with cash or check.