

Dance Workshops with Rob Zisette

1. **CONNECTING WITH YOUR PARTNER I** (basics)

recommended for dancers of all skill levels

Your Five Partners: We'll explore the 5 partners everyone has in a contradance.

The Mechanics: Posture, balance, tone, tension, movement, etc.

Social Conventions that May Not be Obvious: Contra don'ts, how to be prepared for the unmannered bloke, how the contra community functions and what you can do to give back.

2. **CONNECTING WITH YOUR PARTNER II** (advanced)

recommended for (somewhat - to advanced) experienced dancers

Quick Review: Your 5 partners.

The Mechanics In depth: Posture, posture manipulation, tone, how tone influences switching leads, explore different movement styles (like the Asheville bounce).

The Nose-Pinching, Earlobe Method: A rundown of the many ways to swing!

Dance 'til You're Ninety!: How to dance in the healthiest possible way. Improve your movement and moves to ensure you and your partner will be dancing into your 90's.

3. **DANCING CLOSE & CLEAN - THE BLUES INFLUENCE.**

recommended only for dancers who keep space for Jesus in between you & your partner :)

note: there will be excessive hugging (optional of course)

Blues is Chill: Relaaaaaax... and so must you be; otherwise, your options are limited and your partner is dancing with a marble column that is squeezing them.

Blues Mechanics: A quick and dirty lesson on dancing the blues - the posture, the groove, and especially the wiggly-ness (that jiggled and squiggled) including me demonstrating as many body rolls (of any type) as you want, according to your will and pleasure!

Closed Position Flourishes: A quick introduction to closed position flourishes if time permits.

4. **THE SPIN & CATCH** (advanced open position flourish techniques)

recommended for the experienced dancer who wants to know ALL the moves

The Throw & Catch: We will nail down the 'throw and catch' - the technique on which all other moves depend to flow into that smooth, smooth swing.

Spinning Positions: Standard closed ballroom, cuddle, skaters, cape, promener, etc.

Smooooth Transitions: Moving from one position to another in the smoothest way with special attention to the cape position, and the cape orbit.

Creating a Foundation: Extensively explore the many way to utilize these techniques to create a foundation from which to innovate yourself and learn ALL the moves.

ALL the Moves! Note: To accomplish this, we will move extremely fast. Having a video taking device is strongly encouraged.

5. **NEVER LET ME GO! PARTNER SHARING** (closed position contact flourishes)

recommended for the experienced dancer who wants to do ALL the moves but is actually too lazy to really put in the effort, or more accurately known as, "I wonder what happens if I put this arm here, then duck under this one while she's turning backwards into a....."

If You Break the Connection, You Lose: How to duck and drag and spin and dive around each other in the laziest way possible, get tangled into knots no sailor ever knew, and then (*somehow*) always make it back in time for the ladies chain!

Positions: Flowing from position to position in interesting ways - ESPECIALLY the cape orbit, the open hands orbit, and the infinite belt turn.

Much blues, Many hugs, Such flow, WOW! *Note: Blues is a close contact dancing style. Anyone with a personal bubble, be forewarned. Using these techniques in a derogatory or harassing way is not appropriate in this dance community.*

6. **WAIT! WHICH ONE OF US IS LEADING?** (the two-way conversation of dance)

required for all dancers, ha ha

Breaking All the Rules: Whatever happened to breaking all the rules and just having fun? We'll talk about breaking away from the lead-follow paradigm, and bringing back the moves that were hip in middle school) And do we really have to swing? Cuz i just learned how to do the hand jive...with my feet. We should try it!

Inside Jokes: Having inside jokes in contra is fun! Then, every time you see them coming down the line, you break into laughter.

"I Got this Hand Thing Downbut hey, what is that you're doing with your foot? let me try! Nice, but hey, try moving your hips like this. Whoa, you do it way better than me."

Musicality: If there's a bear on an electric guitar, then air guitar along. If you're Rush-Festing to some dirty, dirty pop, stick your hands in the air and jump! But for real - that being said - we will then focus on switching leads. Or rather: learn advanced techniques of both leading and both following at the same time! THIS is truly where dancing becomes AMAZING!