

DANCE

Ballroom Swing Series

Show your confidence on the dance floor after finding out how easy it is to ballroom swing. Take both the beginning and continuing classes as a series and save \$39.

Donna Hurless, Instructor. 7-9 pm, Thursdays, Jan. 12 to Mar. 15. Judson Middle School.
(CRN 61965) \$99

Beginning – Jan. 12 to Feb. 9

(CRN 61413) \$69 Register by Jan. 9 or register online and save \$10

Continuing – Feb. 16 to Mar. 15

(CRN 61414) \$69 Register by Feb. 13 or register online and save \$10

Belly Dance

Immerse yourself in traditional Cabaret Style Belly Dance; covers the basics of Egyptian and Arabic dances with arm, hip, grapevine, Aeda, and camel movements, and practice body and belly roll, shimmy, and free dance.

Donna Hurless, Instructor. 7:30-8:45 pm, Mondays, Jan. 9 to Mar. 5. Cascade Community Family Center.
(CRN 60080) \$89 Register by Jan. 4 or register online and save \$10

Belly Dance Fitness & Fun

Discover the many benefits of Middle Eastern dancing as you exercise your body and tone, shape, burn calories, and simply have fun. You will also gain an understanding of the history, music and costuming of this captivating dance form. Instructor Lorraine Hanson has 15 years of Belly Dance experience, and is frequently performing as a soloist and founder of Nagamani Dance Company. Lorraine and Nagamani Dance Company recently won 1st place in the solo/trio categories at the La Dance Orientale competition in Washington.

Lorraine Hanson, Instructor. 6:30-8:30 pm, Mondays. Chemeketa Salem Campus, Bldg. 7, Rm. 124.
Session 1 – Jan. 9 to Feb. 13

(CRN 59958) \$79 Register by Jan. 4 or register online and save \$10

Session 2 – Feb. 20 to Mar. 19

(CRN 59964) \$79 Register by Feb. 15 or register online and save \$10

Country Two Step, Beginning

Country Two Step is pure fun! The music is lively, the steps are easy, and students can't help but smile as they learn to spin and turn around the dance floor. Students regularly fall in love with Country Two Step, regardless of whether they own a pair of cowboy boots. This class will cover the basic two-step rhythm, connection, patterns and technique. Couples please; registration is per student.

Jason Carter, Instructor. 6:30-8:30 pm, Thursdays, Jan. 12 to Feb. 9. Whiteaker Middle School, Aux Gym.
(CRN 61349) \$79 Register by Jan. 9 or register online and save \$10

Country Two Step, Intermediate

Great Country Two-Step sizzles...it is fun to dance and strikingly beautiful to watch with eye-catching spins and turns. This class will build on the basics, teaching you the intermediate patterns, styling and musicality necessary to set the floor on fire. Many students elect to repeat this class because it is different every time it's

offered. For students who have taken the Country Two-Step Beginning class or equivalent experience. Couples please; registration is per student.

Jason Carter, Instructor. 6:30-8:30 pm, Thursdays, Feb. 16 to Mar. 15. Whiteaker Middle School, Aux Gym.
(CRN 61350) \$79 Register by Feb. 13 or register online and save \$10

Hip Hop Dance Workout

Get your groove on! Get a great workout as you learn the body rolls, pops, locking and stomping moves of Hip Hop Dance. This dance and fitness class will get you moving!

Trinisha Wyatt, Instructor. 6:30-8 pm, Tuesdays. Whiteaker Middle School, Gym.

Session 1 – Jan. 10 to Feb. 7

(CRN 61364) \$59 Register by Jan. 5 or register online and save \$10

Session 2 – Feb. 14 to Mar. 13

(CRN 59981) \$59 Register by Feb. 9 or register online and save \$10

Hustle, Beginning

Partner Hustle is a fun dance to learn, and the perfect dance for a night on the town. Partner Hustle is based loosely on mambo, swing, and salsa dance, and is becoming more popular by the minute, and you'll be ready to dance after taking this introduction to Hustle. Couples please; registration is per student.

Jason Carter, Instructor. 6:30-8:30 pm, Wednesdays, Jan. 11 to Feb. 8. Whiteaker Middle School, Aux Gym.

(CRN 62124) \$79 Register by Jan. 6 or register online and save \$10

Nightclub Two Step, Beginning

Nightclub Two Step is a smooth style that is danced to a wide variety of contemporary music. Students find the dance very approachable and love its flowing movement. It is often the dance of choice for a couples' first wedding dance, but can be danced in any number of other social settings. This class teaches basic nightclub rhythm, steps, patterns and technique. Couples please; registration is per student.

Kathy Carter, Instructor. 6:30-8:30 pm, Mondays, Feb. 27 to Mar. 19. Whiteaker Middle School, Aux Gym.

(CRN 61308) \$69 Register by Feb. 22 or register online and save \$10

Friday Night Salsa Dance Series

Get the Latin beat in your feet! Learn basic Salsa steps and patterns. Focus on how to work with a partner, leading and following, turns, passes, and underarm moves. Take the beginning & intermediate classes as a series and save \$49.

DeAnna Ramirez, Instructor. 6:30-8:30 pm, Fridays, Jan. 13 to Mar. 16. Las Brisas Mexican Restaurant.
(CRN 62023) \$109

Beginning – Jan. 13 to Feb. 10

(CRN 61375) \$79 Register by Jan. 10 or register online and save \$10

Intermediate – Feb. 17 to Mar. 16

(CRN 61376) \$79 Register by Feb. 14 or register online and save \$10

Single Time Swing, Beginning

Single Time Swing has a unique 50's feel and is often danced to the "be-bopping" oldies. It is a dance that is easy for beginners and is meant to put a spring into your step and a smile on your face. While poodle skirts and bobby socks aren't required, a carefree attitude is recommended. This class teaches the basic swing rhythm, steps, patterns and technique. Couples please; registration is per student.

Kathy Carter, Instructor. 6:30-8:30 pm, Mondays, Jan. 23 to Feb. 13. Whiteaker Middle School, Aux Gym.

(CRN 61365) \$69 Register by Jan. 18 or register online and save \$10

Tap Dance Series

Enroll in both the beginning & continuing Tap Dance Classes and save \$49.

Dee Montgomery-Smith, Instructor. 5:30-7 pm, Tuesdays, Jan. 10 to Mar. 13. First Congregational Church, .

(CRN 60105) \$109

Beginning – Jan. 10 to Feb. 7

Become the next Broadway sensation! Perform short tap dance routines that focus on footwork, rhythm, movement, style, and fun. Tap to jazz and Broadway medleys. Beginning and continuing students welcome.

(CRN 60072) \$79 Register by Jan. 5 or register online and save \$10

Continuing – Feb. 14 to Mar. 13

Take your tap dancing beyond the beginning level. In the continuing class, you will build on the basics and incorporate more detailed footwork, and you'll surely continue to have fun!

(CRN 60081) \$79 Register by Feb. 2 or register online and save \$10

West Coast Swing, Beginning

Historically, West Coast Swing was called the "sophisticated swing", all about being smooth (not bouncy). West Coast Swing is easily recognizable by its linear or "slotted" movement. It has its roots in blues and jazz music, but is currently danced to a wide variety of musical genres. When West Coast Swing is danced well, it is playful, sassy and stylish, having its own subtle attitude that students find addictive. This class teaches basic West Coast Swing rhythm, steps, patterns and technique. Couples please; registration is per student.

Jason Carter, Instructor. 6:30-8:30 pm, Wednesdays, Feb. 15 to Mar. 14. Whiteaker Middle School, Aux Gym.

(CRN 61956) \$79 Register by Feb. 10 or register online and save \$10