

- Singles & Couples Welcome
- No Partner Necessary
- All Ages Fun!

Let's DANCE!



Frankie Manning 1914-2009

Dana Sullivan



Classes & Workshops
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Music, Dances & Parties
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Save the dates...
May 22-25 • NW Folklife Festival

Northwest Dance Network is a non-profit organization dedicated to creating and supporting community through dance.



Dance Classes

June Session (4 weeks)

Sundays May.31-Jun.21

Instructors: Sean Donovan & partner

4:00-6:00 **Country 2x4 & Juke Joint Swing***

Instructors: Jodi Fleischman & Jim D'Apice

6:10-7:05 **Latin Club 1**

7:15-8:10 **Salsa 2: Mind Over Matter**

Prereq: Salsa 1 and/or Salsa 2

8:20-9:15 **Salsa 3**

Prereq: At least three Salsa 2 classes or instructor permission

Tuesdays June 2-23

Location: Mt. Baker Community Club
(2811 Mt. Rainier Drive South, Seattle 98144)

Instructors: Sean Donovan & partner

6:30-7:25 **Swing 1**

7:35-8:30 **Salsa 1**

8:40-9:35 **Swing 2: Dancing with Stars!**

Prereq: Any Swing 2 class or Swing 1 at least twice

Wednesdays June 3-24

Instructors: Michelle Badian & Winfield Hobbs

6:30-7:25 **Swing 1: Single-time**

Instructors: Michelle Badian & Charles McGlone

7:35-8:30 **West Coast Swing 1**

Prereq: Partner dance experience

Instructors: Michelle Badian & Vladimir Pino

8:40-9:35 **Argentine Tango 1**

Thursdays June 4-25

Instructors: MaryLee Lykes & Dean Paton

6:30-7:25 **Waltz 1**

4 Thursdays June 4-25

7:35-9:35 **Waltz 2: Role Reversal**

2 Thursdays only June 4 & 11

Prereq: Very comfortable with Waltz 1 in your traditional role

7:35-9:35 **Slow. Down. Blues.**

2 Thursdays only June 18 & 25

Prereq: Partner dance experience

July Session (4 weeks)

Sundays Jul.12-Aug.2

Instructors: Sean Donovan & partner

4:00-4:55 **Swing 2: Whip It!**

Prereq: Any Swing 2 class or Swing 1 at least twice

5:05-6:00 **Swing 1**

Instructors: Jim D'Apice & partner

6:10-7:05 **Salsa 1**

7:15-8:10 **Salsa 2: Body Language**

Prereq: Salsa 1 and/or Salsa 2

8:20-9:15 **Salsa 3**

Prereq: At least three Salsa 2 classes or instructor permission

Thursdays July 9-30

Instructors: Susan Balshor & Dean Paton

6:30-7:25 **Waltz 2: Left-Turning Waltz**

The Key to the Kingdom

4 Thursdays July 9-30

Prereq: Waltz 1 or confidence with right-turning waltz

7:35-9:35 **One-step, Broadway Style**

2 Thursdays only July 9 & 16

Prereq: Swing 1 or partner dance experience

7:35-9:35 **Hollywood Foxtrot Heist**

Stealing Great Moves from Dance Movies

2 Thursdays only July 23 & 30

Prereq: Partner dance experience

August Session (4 weeks)

Guided Practica***

Enjoy a workshop with great instructors for the first hour, then practice what you've learned right away. No prerequisite, beginning and intermediate dancers welcome. Only \$10 for two hours of workshop and practice!



Wednesdays August 5 & 12

Instructors: Jodi Fleischman & Sean Donovan

7:00-8:00 **Swing Workshop**

8:00-9:00 **Swing Practice**

Thursdays August 6 & 13

Instructors: Don Morgan & partner

7:00-8:00 **Waltz Workshop**

8:00-9:00 **Waltz Practice**

Wednesdays August 19 & 26

Instructors: Michelle Badian, Evan Wallace & partners

7:00-8:00 **Tango Workshop**

8:00-9:00 **Tango Practice**

Thursdays August 20 & 27

Instructors: Jim D'Apice & partner

7:00-8:00 **Salsa Workshop**

8:00-9:00 **Salsa Practice**

Dance Class Low Down

Who? You! Everyone welcome, singles & couples, all ages

What? Partner dance classes, no partner necessary

Where? Swedish Center (1920 Dexter Ave N, Seattle 98109) unless specified otherwise

How much? See prices below, plus \$5 discount if paid by noon, two days prior to first class; Repeat Waltz 1, Swing 1 or Salsa 1 within one year, 50% off

June/July \$45/class (students under 23, \$35)

Other Special Summer Pricing

* \$90 (pay early, \$80) ** \$110 (pay early, \$100) *** Practica \$10



Dana Sullivan,
after John Held, Jr.

Sunday Workshops

Location: *Swedish Cultural Center (1920 Dexter Ave N, Seattle 98109), unless otherwise noted*
Time: *12:30-3:30pm (warmup/registration at noon)*
Cost: *\$35 (\$30 with advance registration)*



May 17 • Muy Picante! Red Hot Rumba II

Instructors: *Jodi Fleischman & Jim D'Apice*
Sexy. Romantic. Smooth. Turn up the heat and move beyond the basic box step and underarm turn. The Rumba rhythm is percussive yet smooth and can be danced to a variety of Latin and contemporary music. Sink into your Cuban motion as you glide to the side and rotate — backspot turns, promenades, and styling tips for both men and women. Everyone falls in love when they Rumba. Prerequisite: Rumba I, Salsa I, Waltz I, or instructor permission.



June 21 • Stage Fright No More Join the Line Dance Crowd

Instructors: *MaryLee Lykes & Nancy Fry*
In this easy, fun dance class you will learn Line Dances to Blues, Swing/Lindy Hop, Hip Hop, Zydeco, and Western music. It's a beginning class and for everyone who loves to move to music...and you don't need a partner! Exercise never felt like so much fun! We'll learn the Zydeco Freeze, Zydeco Cha Cha, Cupid Shuffle, Tush Push and the Shim Sham. Prerequisite: Some dance experience helpful.



July 12 • Dancer's Motto: Be Prepared Special Occasion Dance Survival Skills

Instructors: *Patti Conley & Marc Inlay*
Get ready for that summer wedding, party or cruise! Gain confidence and poise so you feel comfortable and can have fun dancing in these social situations. Designed for those who've been reluctant to take a dance class, but need some survival skills or who would like to brush up on their dancing. We'll prepare you with basic waltz, swing and blues dancing. Prerequisite: none.



Practice, Practice, Practice!

You've been asking for more opportunities to practice all those great new moves you've learned—well, here it is! Check out the Guided Practicas in August (page 2). You'll not only be able to practice, but you'll have the opportunity to have our instructors and teaching assistants help answer your questions.

This great idea was originally floated by Susan Balshor and seconded by Dean Paton. Recently Dev Hart also suggested we give this a try. So here it is! If this pilot works well, we'll incorporate it into our regular programming. Let us know what you think.



Lucy Weinberg NW Dance Volunteer Coordinator

Vive les Volunteers!

Volunteers support Northwest Dance by performing a wide range of simple to complex tasks. Please email your volunteer interest to Lucy at lucyw@nwdance.net, and she'll be happy to help you get involved!

Dance! at the 2009 Northwest Folklife Festival

Many dancers consider the Folklife Festival over Memorial Day weekend as the "High Holy Days of Dancing." There's Swing, Tango, Zydeco, Waltz, Contra, Folk and more. There are also lots of dance mini-lessons—go on, try something new!

The Festival is held at the Seattle Center and runs Friday, May 22 through Memorial Day, May 25. Two primary locations for dancing are The Roadhouse in the Fisher Pavilion and the Center House Court. A complete schedule is available on the Northwest Folklife website (nwfolklife.org). Many of the bands and instructors you know will be on the schedule. Northwest Dance's own "Allons Danser" Cajun/Zydeco dance troupe will be performing at 6:00pm on Sunday.

The Northwest Folklife Festival is one of North America's largest free traditional and ethnic arts festivals due largely to outstanding volunteer support. Consider donating some of your time, it's a great way to get the most from your Festival experience. Volunteer on line or call 206-684-7326.

Dancing is only one of many Festival pleasures. Wander aimlessly and soak in the music, sample the food, feel the joy of spontaneous play and ogle the entertaining people. While the festival is free, all are asked to donate a minimum of \$10 a day towards the cost of putting on this fantastic event. Better yet, you can join "Friends of Folklife" and show that dancers know a great event and want to keep it free (see details at nwfolklife.org). See you there!

New Name and New Look for Northwest Dance

Culminating over a year's worth of work examining our dance company from the ground up, Northwest Dance will introduce a new logo and website in June. One change you may note is we've dropped "Network" from our name, though we are now more networked—sponsoring programs like Dance It!, which brings partner dance to our kids' schools—than ever.

We're excited about the changes afoot, and hope you'll find that they enable us to serve you even better!

Our hardworking Board of Directors, recently retired Executive Director, Don Morgan, and our new Interim Executive Director (as of May 1), Yvonne Calavan, have shouldered the bulk of the work to help bring this new vision to bear. Changes will continue throughout 2009, so stay tuned, and thank you for your continued and enthusiastic support of Northwest Dance—we couldn't do it without you!

Dance! Calendar

DATE	LIVE MUSIC BAND OR DJ	DESCRIPTION	PRE-DANCE LESSON, ETC.
MAY 16	Sky Blue Swing Band <i>at Jay's Dance Experience, 18005 Aurora Ave N, Shoreline 98133, above Highland Ice Arena</i>	<i>Classic American Dancing: The swing and foxtrots of George Gershwin, Irving Berlin, Fats Waller and Cole Porter, plus a tasty mix of waltzes.</i>	Fred & Ginger One-step, <i>with Nancy Fry & Guy Caridi</i>
JUN 6	KGB	<i>The popular trio's debut dance with Northwest Dance. Come for a night of mostly waltz, punctuated with swing, blues, a tango and more.</i>	Simple Waltz Wizardry, <i>with Patti Conley & Marc Imlay</i>
JUN 27	Red Stick Ramblers <i>at Swedish Cultural Center, \$20</i>	<i>Definitely put this one on your calendar! Straight from Louisiana, an irresistibly captivating dance experience connecting styles as diverse as traditional Cajun, western swing, blues and old-school jazz.</i>	Cajun Dance Hall Two-step with Jodi Fleischman & Sean Donovan
JUL 18	Little Bill & the Blue Notes with Dick Powell	<i>Summertime Blues plus great swing plus R&B. Perfect for West Coast, East Coast and Bluesy One Step.</i>	When the music gets slow: Mixing double- and straight-time tempos, <i>with Susan Balshor & Dean Paton</i>
AUG 1	The Max Band	<i>Who better for the hot, hot middle of summer? Swing, R&B, Blues, Funk—and all so very danceable.</i>	Red, Purple and Blue Swing, with Michelle Badion & Charles McGlone
AUG 15	Two Scoops Combo	<i>Boogie-Woogie, Swing, Blues and Dog-Day Fun with everyone's favorite Piano Man.</i>	Dog Day Woogie Hey! Swing with Jodi Fleischman & Sean Donovan
FRI AUG 21	Beach Blanket Bingo! <i>at the Mt. Baker Community Club with DJ Gator Boy</i>	<i>Swing, rock and swelter through the 50s, 60s and 70s with super groovy, bikini-shakin' hits. Beach attire admired but not required, all ages welcome. \$10 dance, \$12 dance & workshop.</i>	Beach Blanket Boogie with Jodi Fleischman & Sean Donovan
AUG 29	The Blues Orbiters	<i>We love these guys because they mix blues and swing with such amazing energy.</i>	Dancing Cool When It's Hot, with Patti Conley & Marc Imlay

Live Music Low Down

Location: Leif Erickson Ballroom (2245 NW 57th, Ballard 98107), unless otherwise noted

Time: Pre-dance lesson 7:30-8:30pm • Dance 8:30pm-midnight

Cost: Just \$15 for the whole night! • Students under 23 w/ID, \$10

Notes: Smoke & alcohol free, all ages!
Please ensure your shoes do not mark the floor • The Leif is air conditioned



Red Stick Ramblers



Nancy Medwell photo

Free Dancing and Fabulous FUNdraisers!

Class Parties

Location: Swedish Cultural Center • 1920 Dexter Ave N, Seattle 98109

Time: 7-10pm, FREE!

Celebrate with great DJs, mini lessons, faculty demos and lots of dancing with your community! Bring your friends and family, and if you wish, a snack to share.

Look for the special box at the free dances, into which you can drop cash or checks (as tax deductible donations) to help further the Northwest Dance mission of "creating and supporting community through dance."

DATE	DJ & DESCRIPTION
MAY 28	<i>with the Dancin' DJ, Ron Bolin</i>
SEP 9	<i>with DJ Sean "Gator Boy" Donovan</i>