

Lindy Hop- 'Nuff Said!

An intermediate/advanced level workshop for Lindy Hoppers.

If you've taken the Hepcats 6-Week Beginner Class, or you're familiar with Lindy Hop, you should take this workshop!

Saturday, Aug. 28th

1:00-5:30 pm

*(please arrive a few minutes early to check in;
class instruction will start at 1:00 pm)*

Location for this workshop:

**Arthur Murray Dance Studio,
1801 Alexandria Dr., Lexington, KY
(acrosss from Kroger's in the
Gardenside Shopping Center)**

Lindy Hop- 'Nuff Said! is an intermediate/advanced level workshop designed for dancers that want to add some **hop, skip and jump** - - and - - some **sugar, spice and everything nice** to their Lindy Hop. It's a combination of 4 hours of workshop-type instruction and semi-private lessons. This workshop format will allow instructors and students to focus in more detail on specific areas and provide students plenty of time to practice integrating instruction into their dancing.

The Details:

► **Prerequisites: Must be familiar with the basics of Lindy Hop:**
swing out from closed, swing out from open, and the Lindy Circle.

► **Instructors: Mike & Mary Richardson**

Will we learn new stuff? Yes! We'll work not only on solidifying your basic Lindy Hop but adding new moves, footwork, rhythmic timing and increasing your overall fun factor! There will be emphasis on lead and follow skills and partnering technique, within the context of learning new material. You'll be getting a lot of individual, one-on-one instruction and feedback. At the end of this workshop, you'll be able to more easily execute the Lindy Hop moves you already know and more easily learn and integrate new stuff into your repertoire.

Cost: \$30 (\$25 Students) In Advance/Pre-Register; \$35 (\$30 students) at the Door.

To register in advance, see Mike or Mary Richardson at any Hepcats event, or mail in your registration. Mailed registration must be postmarked by **Tuesday, Aug. 24th**; after this date register at the door on Aug. 28th.

Last Name (please print clearly): _____ **First Name:** _____ **M.I.** _____

Address: _____ **City** _____ **State** _____ **Zip** _____

Contact Email (please print clearly): _____

You will receive email (or phone) confirmation of your registration.

Contact Phone: _____

There is an inherent risk of accident or injury when participating in a dance or exercise program. By signing below, you are indicating that you recognize this fact and that you waive, release and hold harmless the Hepcats Swing Dance Club, Mike Richardson, his heirs, assigns, employees and independent contractors from any liability for any injury, damage or claim or loss or theft of articles arising from participation in any program of swing dance instruction, swing dances, workshops, or other related events.

X _____ Date: _____

Make check or M.O. payable to the
Hepcats Swing Dance Club and mail to:

**Hepcats Swing Dance Club
2449 LaCross Court
Lexington, KY 40514**

More info:

www.Luv2SwingDance.com
or contact Mike, 859-420-2426; info@Luv2SwingDance.com