

SAM WEST WORKSHOPS

UPSTAIRS IN THE OD RESORT BALLROOM

FRIDAY, APRIL 18

12:30pm - Male Leads & Female Steps

Fancy steps to do in 6 or 8 counts.

2:00pm - Side by Side Duck Walk

A really pretty step. A variation we have never taught.

SATURDAY, APRIL 19

12:30pm - Easy Turns Together

Footwork, technique and connection in basic rotations.

2:00pm - Fun Hesitation Steps

Easy eye-catching patterns that look great.

SUNDAY, APRIL 20

12:30pm - Fun and Easy Together Steps

An EASY step you can dance tonight. (May also be a male lead.)

2:00pm - Advanced Together Steps

A more challenging step inspired by Sam and Jessica.

MONDAY, APRIL 21

12:30pm - Sam and Jessica's Boogie Steps

Fun ways to "get down" in your shag.

2:00pm - Fancy Belly Rolls

Cool entrances and exits for this traditional pattern.

TWO WORKSHOPS EACH DAY
Cost: \$10 per person/per workshop or
Attend the 12:30 and 2:00 classes
in the same day for only \$15

1200 Sq. Ft. Dance Floor

Material is presented slowly, step by step,
with an emphasis on natural body movement,
distance and connection.

New "2008 Spring SOS" DVDs
available for sale after each workshop.

TUESDAY, APRIL 22

12:30pm - Basic Variations

Don't get stuck in a rut. Pick up a new step to use tonight.

2:00pm - Boogie Walks and More

Boogie walks and reverse boogie walks. Sam and Lisa make them easy.

WEDNESDAY, APRIL 23

12:30pm - Easy 6-count Steps

Short and sweet but far from ordinary.

2:00pm - Rotating and Reverse Sugarfoot

Two great variations to this traditional pattern.



Mack, 4 $\frac{1}{2}$ Sydney, 12 Billy, 18 mo.

THURSDAY, APRIL 24

12:30pm - Basic Pivot & Revolving Door

Focusing on footwork, technique and connection.

2:00pm - Fancy Foot Flicks

Simple foot movement to add to your dance steps.

FRIDAY, APRIL 25

12:30pm - Fun & Easy Together Steps

Step may also be used as a male lead.

2:00pm - Advanced Together Steps

A challenging step for inter/adv dancers.

SATURDAY, APRIL 26

12:30pm - Guys Lead! Ladies Follow!

The Shag rules of Follow the Leader.

2:00pm - Advanced Turns & Spins

One-leg and other advanced spins for men and women.

SUNDAY, APRIL 27

12:30 - Male Leads & Female Steps

Great steps you can do on your own.

LEARN TODAY AND DANCE TONIGHT!