

The Hilo Hep Cats Swing Dancers Present:

A Blues Dance Weekend

With

Ted Maddry

Of “Beyond Blues” & San Francisco’s “Friday Night Blues”

Thursday, Saturday & Sunday, December 8, 10 & 11, 2011

Beginners welcome. Partners welcome but not essential.

Classes are tailored to a mixed level and are beginner friendly. If you have never danced Blues before, you are strongly encouraged to start with the first class on Saturday, then keep on going!

Thursday, Dec. 8 @ Church of the Holy Cross Lounge, 440 W. Lanikaula St., Hilo

7:00 p.m. – 8:00 p.m. **Meet Ted!** Experience Ted's approach to blues dancing as he introduces you to the basics of blues movement. All levels of dancer welcome.
8:00 p.m. – 9:30 p.m. Social dancing and practice! (\$5 if you didn't take the class; \$3 for students.)

Saturday, Dec. 10 @ Hilo Elks Lodge, 150 Kinoole St., Hilo

Focus on Self and Partner

10:00 a.m. – 11:00 a.m. **Goldilocks Connection:** Develop a baseline connection that's juuust right, one that travels through your dance without holes or spikes. Avoid “background noise.” Learn to vary your baseline, enabling you to dance with absolutely anyone. Then intentionally switch it up to have quiet or intense connection when the moment is right. (*Great for many dance styles!*)
11:15 a.m. – 12:15 p.m. **Dancers... in... Space:** A Follow in motion stays in motion. A Follow at rest, well, you know. Learn how to use your momentum to add dynamics to your dance. Leads and Follows will learn to be specific with speed, direction, and rotation.
12:15 p.m. – 1:15 p.m. **LUNCH BREAK:** Potluck style. Or explore a downtown Hilo eatery.
1:15 p.m. – 2:45 p.m. **Blues Lab & (Facilitated) Peer Feedback:** Practical class! Use simple vocabulary to isolate and refine subtle lead/follow connection. Make your dancing *feel* better to your partner. This is a great class for the whole dance community to experience together!
3:00 p.m. – 4:00 p.m. **Relax. Don't panic. Breathe.** You can lead more than movement. Use breath to build rapport with your partner, put them at ease, add texture to your lead and follow, and relax/reconnect if <gasp> something goes wrong during the song.

Blues Dance Party – An evening house party in Hilo so you can dance, socialize, and practice what you learned. Bring friends! Potluck pupu/dessert, BYOB. Location, time and details TBA.

Sunday, Dec. 11 @ Hilo Elks Lodge, 150 Kinoole St., Hilo

Adding a FOCUS on: Music. Floorcraft. Visual Aesthetic.

12:00 noon - 1:00 p.m. **Tetris for Dancers:** Tired of getting stepped on? Or letting your partner get stepped on? Or stepping on people? Learn how to grow/shrink/rotate moves to fit in the space you have. Also learn how balance can keep you out of some of the stickiest situations.
1:15 p.m. - 2:15 p.m. **Basics of Aerials:** Fantastic Laugh-Out-Loud class! Learn spotting, conditioning and basic warm-ups to stay safe. Then practice lifts that look great for grandma, and that anyone can do safely.
You must take the class before this to warm-up and prevent injury
2:45 p.m. - 4:15 p.m. **Musicality and Partnership:** Doing less can actually make your Follow like dancing with you more! You'll learn how to add space to your lead, allowing your Follow to express her creativity.
4:30 p.m. - 5:30 p.m. **Teacher's Choice:** Ted will round out the day with the perfect class to bring closure to the weekend so we can all go home with the blues. Drop-ins welcome.

About the Instructor

As a teacher, Ted Maddry has helped thousands of students change their dancing and sometimes even their lives. In his classes, he will challenge you to develop dance technique, experiment and take risks in your dancing, all the while maintaining a comfortable and entertaining classroom environment. You will get new perspectives, unique material, and sometimes you will even learn how the same methods you use to improve your dancing can also be used to improve your non-dance life. Ted took over Beyond Blues in February 2010, after moving to the Bay Area from Seattle. Ted is working with a great team to spread his love of Blues Dance around the Bay Area.

Private Lessons

Up to 4 people can share the cost of a private lesson. Rates are \$45/30 min; \$80/60 min; \$100/90 min. Pre-paid packages of 4 hours or more are \$60/hour.
HILO SPECIAL: The First 4 private lessons booked are half off – Only \$40/hour!
Please contact Amy if you're interested

Additional Info

If you have a partner, great! If not, come anyway, as partners will be rotated to give everyone experience. Bring clean, smooth-soled dance shoes, no slippers or open-heel sandals. Bring something to take notes with and a camera to record class summaries. Bring drinks and snacks for yourself or to share during the weekend classes; there's also an optional potluck lunch on Saturday.

There are maps to the venues, registration flyer and other info online at hilohepcats.org. The Holy Cross Lounge is in the row of classrooms adjacent to the church's main parking lot, across from the new UHH Sciences & Technology Building. For the Elks' Lodge, enter their parking lot and hall from Ululani Street.

Questions? Phone: Andrea Gill 959-8216 (eves), or 315-5475 (cell) or email hilohepcats@gmail.com. Or, contact Amy Okura 345-5823 (cell) or email AmyOkuraAdair@gmail.com

Registration

Preregistration is requested; payment **must be postmarked by Saturday, December 3** for the discount. The first prices listed below are for preregistration; the second are for payment at the door.

We are unable to refund preregistered payments. Should you be unable to attend, you may send another student in your place.

Name(s): _____

Mailing Address: _____

City: _____ Zip: _____

Telephone (day): _____ (eve): _____

Email address: _____

Meet Ted _____ people x \$15 / \$20 per person = _____

Goldilocks Connection _____ people x \$15 / \$20 per person = _____

Dancers in Space _____ people x \$15 / \$20 per person = _____

Blues Lab _____ people x \$15 / \$20 per person = _____

Relax. Don't Panic. Breathe _____ people x \$15 / \$20 per person = _____

Tetris for Dancers _____ people x \$15 / \$20 per person = _____

Basics of Aerials _____ people x \$15 / \$20 per person = _____ ** take "Tetris" first

Musicality and Partnership _____ people x \$20 / \$25 per person = _____

Teachers Choice _____ people x \$15 / \$20 per person = _____

OR, any 4 classes _____ people x \$55 / \$70 per person = _____

OR, all 9 dance classes _____ people x \$110 / \$150 per person = _____

Off-island and student registration (same price preregistered or at the door; notice that you're coming is appreciated):
Single class: \$12; 4 classes: \$45; all 9 classes: \$90.

Total enclosed: \$ _____

Make checks payable to "Andrea Gill" and mail to Andrea Gill at 95 Hoaloha Street, Hilo, HI. 96720; or pay at a Hep Cats class or event. Checks must be postmarked by Saturday, Dec. 3, 2011 to confirm preregistration, or drop-in rates apply. (Exception: Students and off-island dancers, although preregistration is greatly appreciated!)