



# Chester dance festival

16th, 17th, 18th October 2009

Free dance workshops, parties and loads of fun on the banks of the River Dee in Chester

Groves Bar & Bistro, Souters Lane CH1 1SD



The festival is brought to you by a group of local dance teachers' who have all volunteered their time and expertise to provide everyone with an opportunity to try out new dance styles for FREE.

The promoters are proud to be involved in the NHS 'Change 4 Life' campaign which aims to promote health and well-being.

Dancing is probably as close as you can get to stealth exercise. You are so in the zone with the music and the partner dance experience that the exercise element is totally forgotten.

At the time of print, the following dance styles are included: Salsa, Tango, Jive, Arabic, Hip Hop, Burlesque, Bachata, Merengue, Appalachian and Zumba®; you'll be spoilt for choice.

The fun starts with a Latin party on Friday 16th and the taster workshops at 12 noon Saturday 17th.

For more information about the festival

[www.chesterdancefestival.co.uk](http://www.chesterdancefestival.co.uk)

Tel: 07866 801156

## ARGENTINE TANGO



Argentine Tango is an improvised social dance. Essentially it is walking in time to the music, in an embrace, with a partner. The beauty of the Tango is that it is not about learning

sequences of steps, it is learning to interact with a partner, communicating your intentions with your body language and confidence. Classes available every Monday & Wednesday in Chester at Groves Bar & Bistro. [www.carryontango.co.uk](http://www.carryontango.co.uk)

## SALSA (Cuban Style)



Salsa exists in many styles or forms but what unites them all is that all Salsa is danced to 4 beats of music.

The overall look of the Cuban Salsa is sensuous, sexy and fluid. Cuban Salsa is a very rich style of dance as it absorbs influences from Rueda, Son, Rumba and Orishas. Clan Cuban follow a published syllabus, with named moves to add a little structure to this fun and exciting dance class experience.. Classes available every Tuesday & Sunday at the Groves Bar & Bistro.

[www.clancuban.co.uk](http://www.clancuban.co.uk)

## MODERN JIVE



Modern Jive is a fun, energetic and stylish partner dance. Don't confuse it with the old-style rock 'n' roll jive as Modern Jive can be danced to almost

every style of music - Latin, rock, soul and pop are just some of the musical genres to be heard on this particular dance floor. Classes available every Monday & Wednesday at the Guildhall, Watergate St, Chester. [www.blitzjive.com](http://www.blitzjive.com)

## BACHATA



Bachata has its origins in Dominican Republic and is a romantic style of dance that accompanies the music of the same name. The step sequence is very similar to Salsa but on the 4<sup>th</sup> beat the hip movement is emphasised. The steps are quite easy but getting the body movement is key to a sexy Bachata. Classes available every Sunday in Ellesmere. [www.susieqsalsa.co.uk](http://www.susieqsalsa.co.uk)

## MERENGUE



Merengue also has its origins in the Dominican Republic. Typically turn patterns are executed slowly in 4 beats/steps per turn.

The upper body tends to stay still during the dance with emphasis on the lower body movement of the feet and hips.

[www.clancuban.co.uk](http://www.clancuban.co.uk)

## HIP HOP

Hip Hop/Street Dance includes a wide range of styles notably "body locking, breaking and popping" which were developed by Black and Latino Americans in the 1970s. It is often improvisational in nature and hip-hop dancers often engage in one-on-one dance competitions. Classes are held regularly in the Chester area, contact Laura on 07972409990. [bamboolaura@hotmail.co.uk](mailto:bamboolaura@hotmail.co.uk)



## BURLESQUE

Burlesque dancing is fun and builds confidence. It has all the sexiness of a striptease but without the strip. It focuses on the female form and awareness allowing you to have fun while being sassy and adventurous. Satine di Monte will be teaching our Burlesque workshop this weekend.

[www.susieqsalsa.co.uk](http://www.susieqsalsa.co.uk)



## ZUMBA®

Ditch the workout, Join the party!



Zumba® fuses latin rhythms and easy to follow moves to create a dynamic fitness program . It's

**Fun** – participants enjoy it.

**Easy** - for any fitness level, background, age or dance ability

**Different** -the music, the steps, feel like no other fitness class

**Effective** - in assisting you to achieve your fitness goals

Classes from Mon-Sat. [www.take2fitness.co.uk](http://www.take2fitness.co.uk)

## APPALACHIAN



Appalachian dancing originates from the Appalachian Mountains in the SE USA. Over the years traditional steps from Europe have been combined with African and Native American dances, emerging as the tapping of hobnailed work

shoes on kitchen floors and porches. Dances involve sets of couples (like in barn dances) with step patterns similar to tap dancing. It's great fun and also great exercise! Classes every Sunday with Mind the Step in Tabley. Contact Jennifer Hillier 07505 505074.

## ARABIC DANCE



Ya Raqs is a traditional Egyptian and

Traditional Arabic Dance Troupe North African dance troupe based in Chester and Wirral who will be performing a selection of folk dances from Egypt and North Africa including Saaidi, Ghawazee, Baladi, Nubian and Tunisian, concluding with a modern Oriental style routine and a "have-a-go" session where members of the audience will be invited to learn a few of the dance moves for themselves. [www.yaraqs.blogspot.com](http://www.yaraqs.blogspot.com)

## FRIDAY EVENING PROGRAMME

**ALL WELCOME**

**LATIN PARTY from 8pm till late**

**Kick start the festival with some hot Latin tunes to warm up those dancing feet**

## SATURDAY DAYTIME PROGRAMME

TIME	STYLE*	DANCE GROUP
12:00	Hip Hop/Street	Bambeat
13:00	Jive	Blitz
14:00	Tango	Carry on Tango
15:00	Salsa	Clan Cuban
16:00	Bachata	SusieQ Salsa
17:00	Zumba®	Take 2 Fitness
18:00	Burlesque	Satine di Monte
19:00	Merengue	Clan Cuban

All scheduled workshops will take place in Area 1 and are subject to change.

\*There will be a variety of dance demonstrations throughout the day in Area 2.

## SATURDAY EVENING PROGRAMME

**ALL WELCOME**

**FUSION PARTY—a bit of everything! from 8pm till late**

**Salsa, Tango, Jive, Disco.... just ask the DJ**

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## SUNDAY DAYTIME PROGRAMME

TIME	STYLE*	DANCE GROUP
12:00	Jive	Blitz
13:00	Tango	Carry on Tango
14:00	Middle Eastern	Ya Raqs
15:00	Bachata	SusieQ Salsa
16:00	Salsa	Clan Cuban
17:00	Burlesque	Satine di Monte
18:00	Appalachian	Mind the Step
19:00	Hip Hop	Bambeat

All scheduled workshops will take place in Area 1 and are subject to change.

\*There will be a variety of dance demonstrations throughout the day in Area 2.

## SUNDAY EVENING PROGRAMME

**ALL WELCOME**

**TANGO PARTY from 8pm till late**

## FREE VOUCHER

Valid for 1 FREE CLASS at any of the weekly classes run by the featured DANCE GROUPS

Validity: Voucher admits one NEW dance student to any advertised venue.

For more information

[www.chesterdancefestival.co.uk](http://www.chesterdancefestival.co.uk)