

# French Connection

a blues and swing dance workshop with champions

## Lisa Clarke & Fabien Vrillon

September 8 - 10, 2017

*Beginners welcome to many classes. Partners welcome but not essential.*



### Friday, Sept. 8 @ Aloha Wellness Center, 239 Haili St.

7:00 p.m. - 8:15 p.m. -- Slow Down Your Basics (for experienced Lindyhoppers knowing swingout)

### Saturday, Sept. 9 @ Hilo Elks Lodge, 150 Kinoole Street, upstairs: *Blues Class Series*

10:00 a.m. - 11:00 a.m. -- Side-by-Side Blues (beginner-friendly)

11:15 a.m. - 12:15 p.m. -- Drag Blues (beginner-friendly)

1:00 p.m. - 2:00 p.m. -- Continuity of Movement (beginner-friendly)

2:15 p.m. - 3:15 p.m. -- Tango Whip

6:30 p.m. - pau -- Potluck and Party at Don's house (2535 Ua Nahele, Kaumana City) free; bring friends!

### Sunday, Sept. 10 @ Hilo Elks Lodge, 150 Kinoole Street, upstairs: *Lindy Class Series*

12:00 noon - 1:00 p.m. -- Building Your 8-Count Lindy (dancers knowing 8-count footwork welcome)

1:15 p.m. - 2:15 p.m. -- Triple-step Hand to Hand (dancers knowing 8-count footwork welcome)

3:00 p.m. - 4:00 p.m. -- Swingout--Catch Behind the Back

4:15 p.m. - 5:15 p.m. -- Jazz Steps for Partners

## *About Your Instructors*

Fabien and Lisa met in Herrang, Sweden in 2010 and have been teaching and dancing together ever since. Coming from different backgrounds, they each bring their own particular expertise, talents and enthusiasms to the partnership.

Fabien comes from Grenoble, France and has been teaching swing dancing since 2004, specializing in Lindy Hop and Blues. He has choreographed a number of successful showcases performed at the International Lindy Hop Championships (ILHC) and other events, as well as the award-winning "French Connection" Team.

Lisa is a professional dancer from London, now living in France. Classically trained from the age of 6, she discovered her love for all styles of dance while studying for her degree in Theatre Dance at London Studio Centre. After college she worked professionally in the commercial dance world, specializing in hip-hop. She then fell in love with Lindy Hop and Blues and has immersed herself in all things swing.

Together and separately they have competed and placed in many competitions. 2016 awards include 1<sup>st</sup> Place in the Showcase Division of the ILHC, 1<sup>st</sup> Place in the Jack & Jill All Star (Lisa), and several other top-four placements at ILHC and Camp Hollywood. 2015 awards include 2<sup>nd</sup> place in the open classic event at ILHC and 4<sup>th</sup> place in the advanced Showcase in ESDC. Lisa and Fabien were the European Swing Dance Champions in the Slow Lindy division in 2013.

Lisa and Fabien are passionate about sharing their experiences and helping others achieve their goals.

## Class Descriptions

Private lessons are also available for 80 euro/hour. Please contact Andie to schedule a private.

**Slow Down Your Basics.** Do you know how to use stretch and tension to slow down your basic swingout, creating more dynamics within your dance? This class is tailored for dancers who are already comfortable with the swingout, Lindy Hop partner connection and momentum.

**Side-by-Side Blues.** A common position in Blues dancing is side-by-side with your partner. Learn some new leg variations to invigorate your social dancing! Beginners welcome!

**Drag Blues.** One of the original forms of Blues dancing, dating back to the days of juke joints and speakeasies, Drag Blues uses a closed embrace position. Experienced dancers will learn variations to augment their vocabulary. Beginners welcome!

**Continuity of Movement.** Do you dream of a dance that flows smoothly, never stopping as you and your partner are swept along by the music? Learn how to improve your flow. Beginners welcome!

**Tango Whip.** There are many tango-inspired movements that can be applied to Blues—add to your vocabulary! Suitable for beginners interested in a challenge; eye-opening for dancers experienced in either Blues or Tango.

**Building Your 8-Count Lindy.** Using a rolling sequence relying on the 8-Count Lindy basic, Lisa and Fabien will build movements you can use in your social dancing. No matter what your level, you will go home with new material! Dancers should know the basic 8-count rhythm (swingout not needed.)

**Triple-Step Hand-to-Hand.** A fun move to add to your dance! Learn how to get in and out, and build variations on the theme. It is recommended that dancers know the basic 8-count Lindy rhythm (swingout not needed.)

**Swingout—Catch Behind The Back.** Here's another swingout variation to add interest to your dance! Dancers should already be comfortable with the swingout.

**Jazz Steps in Your Partner Dancing.** Master fun jazz steps you can dance with your partner during Lindy Hop (and also use in solo dancing!)

## REGISTER NOW!

### PRE-REGISTRATION DISCOUNT!

\$130 for the full workshop (you save \$40 over the door price!). *Price applies until Sept. 4, 2017.*  
*Discounts also available for multiple classes, students & off-island dancers*

**PLEASE NOTE: We are unable to refund preregistered payments.**  
**If you are unable to attend, you may send another student in your place.**

Name(s): \_\_\_\_\_ Email address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone (day): \_\_\_\_\_ (eve): \_\_\_\_\_

Slow Down Your Basics*	_____ people x \$20 preregistered / \$25 at the door = _____
Side-by-Side Blues	_____ people x \$15 preregistered / \$20 at the door = _____
Drag Blues	_____ people x \$15 preregistered / \$20 at the door = _____
Continuity of Movement	_____ people x \$15 preregistered / \$20 at the door = _____
Tango Whip	_____ people x \$15 preregistered / \$20 at the door = _____
Building Your 8-Count Lindy	_____ people x \$15 preregistered / \$20 at the door = _____
Triple-Step Hand-to-Hand	_____ people x \$15 preregistered / \$20 at the door = _____
Swingout Catch Behind the Back	_____ people x \$15 preregistered / \$20 at the door = _____
Jazz Steps in Your Partner Dancing	_____ people x \$15 preregistered / \$20 at the door = _____

### DISCOUNTS FOR MULTIPLE CLASSES!

All 9 classes: \_\_\_\_\_ people x \$130 preregistered / \$170 at the door = \_\_\_\_\_

Any 4 Sat/Sun classes\* (please indicate above which ones): \_\_\_\_\_ people x \$55 preregistered / \$70 at the door = \_\_\_\_\_

Students & off-island dancers: single class price = \$12; Swingout clinic = \$15. 4-class\* package = \$45. All 9 classes = \$110.

\*Note: because the Slow Down Your Basics class is longer, it is separately priced and not included in the 4-class package.

Total enclosed: \$ \_\_\_\_\_

Checks should be made out to "Andrea Gill" and can be mailed to her at 95 Hoaloha Street, Hilo 96720 and received by 9/4/17.

To arrange cash payment in person, call Andie at 808-959-8216 (H) or 808-315-5475 (C).

PayPal transfers may be made to Andie's personal account at [hilohepcats@gmail.com](mailto:hilohepcats@gmail.com).

Your qualification for the pre-registration discount will be based on the date funds are received