

The Hilo Hep Cats Swing Dancers Present:

A Blues Dance Weekend

with

Campbell & Chris

Thursday - Sunday, May 27-30, 2010

Beginners welcome. Partners welcome but not essential.

No partners are needed for any class, though they are encouraged for Blues 3D (if you don't have a partner for this class, we'll work in groups so everyone can participate. Be aware that this is a physically challenging class.)

There are no prerequisites for these classes, and they are all beginner friendly (except for Blues 3D). The content does progress through the workshop and the material in each class will touch on things that were covered in previous classes. If you have never danced Blues before, you are strongly encouraged to take Badass Blues Basics on Thursday and/or All Things in Balance on Saturday, as well as your selection of additional classes.

Thursday, May 27 (Church of the Holy Cross Lounge, 440. W Lanikaula St., Hilo)

7:00 p.m. - 8:00 p.m. **Badass Blues Basics:** One of the easiest and hardest things about Blues is that there is really no one basic step. It's very freeing and leaves a lot of room for expression, but it can be daunting because you don't always have that one thing to fall back on. But fear not! We'll walk you through our favorite "basic" steps and show you how to get your groove on out on the Blues floor. Come learn the steps that never get old!

8:00 p.m. - 9:30 p.m. Open dancing: social and practice! (\$5 cover if you didn't take the class.)

Friday, May 28 (Island Dance Academy, 27 Haili St., Hilo)

7:00 p.m. - 8:00 p.m. **Macro Blues:** You've heard about the micro, now experience the MACRO! In this class, we'll explore the edges of the Blues connection. You'll find everything from large, sweeping motions to powerful weight sharing, all with a healthy aspect of control and partnering. This class will cover some advanced concepts but will also address more intermediate topics such as traveling and dynamics.

Saturday, May 29 (Hilo Elks Lodge, 150 Kinoole St., Hilo, downstairs)

10:00 a.m. - 11:00 a.m. **All Things in Balance:** Gotta stand on your own feet before you can dance. Here we'll walk you through the basics of balance, including weight shifts, turning, body positioning, and more. Gain the confidence to be secure in your own posture and how to transfer that stability to your partner.

11:15 a.m. - 12:15 p.m. **She Goes, He Goes:** Dancing isn't always both people at once - in Blues, you can have a back and forth. That's where "anchoring" comes in. In this class, you will learn how to lead and follow a discussion that will add a new dynamic to your dancing.

1:30 p.m. - 2:30 p.m. **Blues 3D: Flying and Falling:** Traveling in Blues is about more than just moving back and forth around the floor. In this class, we'll discuss how partners can use each other to add a new dimension to their dancing - a vertical one. We'll work with lifts, drops, drags, and spins, all to get you and your partner moving in a brand new way.

2:45 p.m. - 3:45 p.m. **Sweet vs Bitter:** Blues makes use of all of your taste buds. This class will explore musical extremes and teach you how, through movement and styling, to make your dancing fully express the songs. And we'll dive into songs that cross genres, and work on feeling comfortable dancing to anything.

6:00 p.m. - 9:00 p.m. **Kope Swing**--a bluesy version of our regular *free* social at Kope Kope Cafe in the Hilo Shopping Center, corner of Kilauea and Kekuanaoa! Bring your friends! ...possibly followed by a house party...

Sunday, May 30 (Hilo Elks Lodge, 150 Kinoole St., Hilo, upstairs)

10:00 a.m. - 11:00 a.m. **Mary, Mary, Quite Contra-ry:** Learn to walk all over again. In this class, we will explore "contra-body motion" and how you can use it to add a new level of control and strength to your dancing. A great core muscle workout!

11:15 a.m. - 12:15 p.m. **Tango Blues:** Tango and Blues share so much in common -- why don't we steal a little from from the Tango playbook and weave those concepts into your Blues? We'll explore the footwork, balance, partnering, and style that makes Tango so enthralling, and we'll show you how to make your Blues look and feel the same way.

1:30 p.m. - 2:30 p.m. **Following Secrets:** Follows, here we'll reveal (almost) all our secrets to making you the best follow you can be. And leads, you won't just be eye candy -- you'll learn to open up and give the follows space to contribute to both the partnership and the dance.

2:45 p.m. - 3:45 p.m. **Less is More:** Blues is a dance about dynamics and movement, but some of your best dances can come from hardly doing anything at all. Relaxing can help you work with the music, connect with your partner, and have those fun dances that keep your partner coming back. Sometimes, less can be more.

6:00 p.m. - 9:00 p.m. **Swing at The Emerald with Live Music by Jazz Mele!** The Hep Cats' usual Sunday night haunt, \$5 cover for the band. 168 Keawe St. in downtown Hilo, near Kalakaua St.

About the Instructors

Campbell Miller and Chris Mayer have been dancing together since the Fall of 2008, and in that time they've created their own style. Like most dancers, they met on the dance floor, and immediately felt a strong connection. Together they mold different styles of dance and new ideas into their own version of Blues.

Campbell's dancing is grounded within her diverse technical background--some of her favorite other dance styles are lyrical, waltz, Lindy Hop and tap. Chris has been developing a style all his own, blending the footwork and precision of Argentine Tango, the exuberance of Lindy, the sly attitude of West Coast Swing, the rhythm of Latin, and moves and tricks that could only come from the depths of his bizarre mind....

Campbell and Chris have been competing since shortly after they met, and they've been blazing a trail through the circuit. They have won numerous competitions individually and as partners--ten blues championships in 2009 alone! See their website at www.campbellandchris.com to get a taste.

Private Lessons

Private lessons will be available by prearrangement. The cost is \$60/hour with one instructor and \$90/hour for both. Groups are welcome to share the cost of a lesson. Please contact Andie if you're interested.

What to Bring

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; your feet will slip out. Socks are okay. Bring lunch (for yourself or edibles to share), drinks and snacks for the weekend classes. Questions? Phone Andrea Gill 959-8216 (eves), or 315-5475 (cell) or email hilohepcats@gmail.com.

Registration

Preregistration is requested; payment *must be received by Wednesday, May 19* for the discount. The first prices listed below are for preregistration; the second are for payment at the door.

Off-island dancers, please let Andie know you're coming! We may be able to provide housing in Hilo if asked.

We regret that we are unable to refund your preregistration should you be unable to attend, but you may send another student in your place.

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Name(s): \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone (day): \_\_\_\_\_ (eve): \_\_\_\_\_  
Email address: \_\_\_\_\_

Payment is enclosed for:

- Badass Blues Basics            \_\_\_ people x \$15/\$20 per person = \_\_\_\_\_
- Macro Blues                    \_\_\_ people x \$15/\$20 per person = \_\_\_\_\_
- All Things in Balance        \_\_\_ people x \$15/\$20 per person = \_\_\_\_\_
- She Goes, He Goes            \_\_\_ people x \$15/\$20 per person = \_\_\_\_\_
- Blues 3D: Flying and Falling \_\_\_ people x \$15/\$20 per person = \_\_\_\_\_
- Sweet vs Bitter                \_\_\_ people x \$15/\$20 per person = \_\_\_\_\_
- Mary, Mary, Quite Contra-ry \_\_\_ people x \$15/\$20 per person = \_\_\_\_\_
- Tango Blues                    \_\_\_ people x \$15/\$20 per person = \_\_\_\_\_
- Following Secrets             \_\_\_ people x \$15/\$20 per person = \_\_\_\_\_
- Less is More                    \_\_\_ people x \$15/\$20 per person = \_\_\_\_\_
  
- OR, any 4 dance classes        \_\_\_ people x \$50/\$65 per person = \_\_\_\_\_
- OR, all 10 dance classes        \_\_\_ people x \$115/\$150 per person = \_\_\_\_\_

Off-island and student registration (same price preregistration or at the door; notice that you're coming is appreciated):  
Single class: \$12; Any 4 classes: \$45; All 10 classes: \$100.

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

Checks should be made out to "Andrea Gill" and mailed to Andrea Gill at 95 Hoaloha Street, Hilo 96720, or paid at Hep Cats classes or events. Checks must be received by May 19, 2010 to confirm your preregistration, or drop-in rates apply. (Exception: Students and off-island dancers, though preregistration is greatly appreciated.)