

## NVSC Dance Lessons Information – 2010 Schedule

Welcome to the Northern Virginia Shag Club! If you are interested in learning to dance the Carolina Shag, you might find the following information useful:

Classes are held every Wednesday night from 7:30-8:15 PM at Rene's Supper Club at Fairfax Circle in Fairfax City, Virginia. Classes are FREE, but there is a \$8.00 cover charge to get in to Rene's. Then from 8:15-11 PM. there is general dancing to beach music by our team of Carolina Shag deejays.

Our instruction program progresses in 4-week cycles for Beginner and Novice Courses and an 8-week cycle for the Intermediate Course. **New students are strongly encouraged to start the beginner classes on week #1 of a four week cycle.**

**Shag Classes (Beginner & Novice) will be on Week 1 on the following dates in 2010:**

January 13          February 10          March 10          April 7          May 5

### **Beginner, Novice and Intermediate Shag Classes:**

After you have mastered the material in the Beginner Class you must become a member of NVSC to take the Novice and Intermediate Classes. Good beginner skills are recommended to enter the Novice and Intermediate Classes. Here is a list of steps taught in the Beginner, Novice and Intermediate classes:

<b>Week</b>	<b>Beginner</b>	<b>Novice</b>	<b>Intermediate-A</b>	<b>Intermediate-B</b>
1	Shag Basic, Shag Start, Female Turn	Double Kick Basic, Applejack	Sugarfoot incl. Front Prep and Back Prep	Side-to-Side Basic, Handshake Wrap Pivot
2	Male Turn, Half Turn	Behind Sailor Shuffle, Pivot	Belly Roll, Pivot into a Belly Roll	Leg Up Basic, Lean
3	Kick Basic, Side Pass	Hesitation Basic, Pivot, Hug Pivot	Male Half Turn, Boogie Walk	Stutter Basic, Front Walk-Up, Sugarfoot ending in a Lean
4	Crossover Basic, Triple Basic	Tuck from Pivot, Tuck from Half Turn	Joanie, Funky Applejack	Forward Sailor Shuffle, Arm Over Pivot with Reverse Tuck

**Please note that you must be a member of the Northern Virginia Shag Club to take the FREE Novice and Intermediate Classes.** Membership costs \$25, and lasts for one full year from the day you join. Membership includes a subscription to the *Shag Rag* (our club's monthly newsletter), discounted admission to NVSC events, our instructional video library and other benefits too numerous to list. We hope you enjoy the Carolina Shag as much as we do! See you on the dance floor!