

DANCE

Connect with Dancers Around the Nation

“Every day brings a chance for you to draw in a breath, kick off your shoes, and dance.” —Oprah

Join visiting Guest Instructor
Harriet Carroll



Professional choreographer, performer, instructor. BFA in Dance and Theatre with over 30 years of teaching experience. Experience Harriet's contagious exhilarating energy, dazzling choreography, fabulous dance music and genuine interest in all of her students!

Passion

This fun-filled program; bursting with energy, is jam-packed with excitement, motivation and inspiration guaranteed to get your 'DANCE' back! It promotes self esteem, a sense of accomplishment and a feeling of pure "joy"! Learn choreographed "dance review" style routines ranging from Broadway, Swing, Salsa, Disco, Funk, Motown, Pop, Country and Hip Hop.

Beginners

Prerequisite: Keep a beat! Know your right foot from your left, Able to follow patterns

Description: Warm Up. Learn the basic steps and simple dance routines. Cool Down - Flexibility dance stretches

Intermediate/Advanced

Prerequisite: At least one to two years of Dance experience

Description: Warm Up. Start right up learning complex choreographed routines. Cool Down - Flexibility dance stretches

Thursday Night, Nov. 17/Reception/Dinner

Meet the Dancers! 7:00 PM ARIZONA ROOM

Dinner: 8:00 PM Cactus Flower

Friday, Nov. 18/Sat., Nov. 19 Morning Classes

Beg: 8:00 - 9:30 AM ANASAZI ROOM

Int/Adv: 9:30 - 11:00 AM ANASAZI ROOM

Friday, Nov. 18/Sat., Nov 19 Afternoon Classes

Beg: 12:00 - 1:00 PM ROADRUNNER ROOM

Int/Adv: 1:00 pm - 3:00 PM ROADRUNNER ROOM

Sunday, Nov. 20 Morning Classes

Beg: 8:00 - 9:30 AM ROADRUNNER ROOM

Int/Adv: 9:30 - 11:00 AM ROADRUNNER ROOM

Sunday Lunch, Nov. 20 /Completion Celebration

12:00 - 1:00 PM COYOTE MOON

**Dance Sneakers or Athletic shoes required.
Participate in one or all of the sessions.*

M/RAVAL
LIFE IN BALANCE.®