

Spring 2018 Dancing



Let's Dance!



St. Louis Community College
Continuing Education

3221 McKelvey Road, Suite 250 • Bridgeton, MO 63044 • 314-984-7777 • stlcc.edu/CE

Ballet

Ballet Tone & Stretch for Beginners

Beginning techniques of classical ballet will be combined with toning and stretching on center floor and barre for overall body conditioning. No prior ballet experience required. Leotard, leggings or tights and ballet shoes required. Studio is located behind a kitchen and bath design store.

DANC:701 | \$69

002 M 7 pm-8 pm

Feb. 5 – March 26

ADIVA Dance Center

Ballet: Beginning

This fun class is designed for the student who has never studied ballet before or hasn't taken a recent class. You'll learn to utilize your center/core for strong ballet technique. The fun and exciting movement of ballet is a great way to get into shape with music and movement that is as good for the soul as it is for the body! Ballet shoes required. No class 2/14.

DANC:701 | \$59

001 W 6:30 pm-7:20 pm

Jan. 24 – March 7

003 Th 7 pm-8 pm

Feb. 15 – April 26

004 W 6:30 pm-7:20 pm

March 21 – April 25

Tamara Kelly

FP - PE, Dance

Amanda Fedor

The Studio, Inc.

Tamara Kelly

FV - PE, 233

Ballet: Intermediate

If you have studied classical ballet consistently, have a good understanding of basic barre work and centre work and are seeking to develop your technique, musicality, and artistry, this is the class for you! You'll refine your technique at the barre, with emphasis on Cecchetti, Royale and Vaganova methods of technique. Centre combinations will be given, including leaps and turns. Ballet shoes and appropriate attire is required. No class 2/14, 3/15.

DANC:701 | \$79

005 W 8 pm-9 pm

Feb. 7 – April 25

Amanda Fedor

The Studio, Inc.

Belly Dance

New Belly Dance FUNDamentals

Experience authentic Egyptian culture through the universal language of music and dance in this fun, beginner-level course! We will break down the fundamental movements of Raqs Sharqi, aka belly dance, set to the heart-pounding rhythms of the Middle East. Be prepared to develop musicality skills, learn the history of the dance, and above all have fun! By the end of the course, you will be able to show off all of your new moves in one final, group choreography. Instructor owns Rogue Motion Dance. All genders welcome. Wear comfortable fitness clothing. Please, no skirts or baggy sweats. No class 3/15.

DANC:719 | \$59

002 Th 7:30 pm-8:30 pm

March 1 – May 10

Amber Skye

FP - PE, DANCE

Egyptian Street Belly Dance

Egyptian Street Belly Dance is a new, exciting style known in the Arab world as mahraganat sha'abi (Arabic for "festival"). This class is an introduction to this style which has recently emerged from post-revolution youth culture. It is characterized by a blend of the indigenous, core movements of belly dance, Egyptian folkloric movements, and modern hip-hop stylings. This high-energy dance is based heavily in the rhythm and takes its gestural cues from the lyrics of the cutting-edge Egyptian electro-sha'abi music, also called mahragan. Students can expect to sweat, have fun, and learn about another culture! Instructor owns Rogue Motion Dance. All genders welcome. Prior belly dance experience is helpful, but not necessary. No class 3/15.

DANC:719 | \$59

001 Th 6:15 pm-7:15 pm

March 1 – May 10

Amber Skye

FP - PE, DANCE

Belly Dancing for Fun and Fitness

If you're looking for a fun and entertaining new way to exercise, try belly dancing. This class will teach you to perform various forms in the belly dance genre. It's a workout to middle eastern music that just might be what you're looking for, whether your goal is exercise or performance. Wear fitness style clothing for freedom of movement. No baggy sweat clothes. Studio is located behind a kitchen and bath design store.

DANC:745 | \$69

002 Tu 8 pm-9 pm

Feb. 6 – March 27

ADIVA Dance Center

Tap Dancing

Tap Dancing: Beginning

Designed for the beginner as well as someone with limited tap experience, basic tap steps and tap combinations will be taught as well as a tap routine. Develop your sense of movement while practicing basic rhythm tap techniques. A fun way to exercise! Do not purchase tap shoes until after first class. Studio is located behind a kitchen and bath design store.

DANC:707 | \$69

001 M 8 pm-9 pm

Feb. 5 – March 26

002 Th 8 pm-8:45 pm

Feb. 15 – April 26

003 Tu 7:35 pm-8:35 pm

Feb. 20 – May 1

ADIVA Dance Center

Amanda Fedor

The Studio, Inc.

Bonnie Kleyboecker

St John's Ev. UCC, CAFE

Tap Dancing: Beyond the Basics

Once you've thoroughly mastered the basics, take the next steps to advance your dancing technique. You'll learn and practice new steps, combinations and a dance that will make you a more proficient tapper. Previous tap experience and tap shoes required. No class 4/17.

DANC:708 | \$69

001 Tu 6:30 pm-7:30 pm

Feb. 20 – May 1

Bonnie Kleyboecker

St John's Ev. UCC, Cafe



Latin Dancing

Let's Salsa Dance!

Salsa is one of the most popular of the Latin dances; it is easy to learn and a great workout. The rhythm is fast-paced full of sharp, energetic and exciting turns along with other variations. After taking a few classes, you'll have the confidence to join in the fun at parties, receptions and dance clubs. No tennis shoes or sandals. Singles are welcome as well as couples.

DANC:725 | \$59

001 Th 8 pm-8:50 pm
Feb. 1 - March 8

002 Th 8 pm-8:50 pm
March 29 - May 3

Diane Brown

FV - PE, 233

Diane Brown

FV - PE, 233

The Salsa Experience I

Learn the authentic Latin Culture through the rhythmic sounds of Salsa music and dance. In just eight weeks, you will learn the history of Salsa, the origin of the dance, basic salsa steps, musicality skills, technique for men to become the perfect lead and ladies to be a fantastic follow. You will be moving and shaking in time for a class night at some of the hottest Latin dance spots in town! (Admissions and transportation on your own.) Couples are welcomed but no partner is required. On street parking; stairs-only access to dance studio in residential area.

DANC:725 | \$69

003 Tu 6 pm-7 pm
Feb. 27 - April 17

Almas Del Ritmo Dance Co.

The Salsa Experience II

This class is for those who have taken The Salsa Experience I and understand basic salsa steps, technique, musicality skills, and cultural awareness. In this class you will learn more intricate turn patterns, footwork and body movement. You will also have a better understanding of musicality, timing and speed. This will really get you moving and shaking to some of the best Latin tunes on our class night out on the town!! Couples are welcomed but no partner is required.

DANC:725 | \$69

004 Tu 7 pm-8 pm

Feb. 27 - April 17 Almas Del Ritmo Dance Co.

The Bachata Experience

This Dominican dance will have you styling and socializing on the dance floor in no time!! The main focus in this course is for students to build a strong foundation in both footwork and partner-work, attain an authentic look and feel, develop and enhance leading and following techniques, as well as develop social dancing techniques and dance etiquette. This class will help you gain a better understanding of what makes up Bachata including history & origins, culture, theory, tools and concepts to make you a versatile dancer.

DANC:725 | \$69

005 W 7 pm-8 pm

Feb. 28 - April 18

Almas Del Ritmo Dance Co.

Swing Dance

Let's Swing Dance

Whether you're preparing for a special event or want to learn to dance for fun and fitness, this class is for you. You'll start with learning the basic steps and then variations will be added to include turns, rotations and promenade. Swing is the most popular dance in the St. Louis area and after taking this class, you'll feel comfortable in social settings that include dancing. No tennis shoes or sandals. Singles are welcome as well as couples. No class 3/15.

DANC:738 | \$59

001 Th 7 pm-7:50 pm
Feb. 1 - March 8

002 Th 7 pm-7:50 pm
March 29 - May 3

Diane Brown

FV - PE, 233

Diane Brown

FV - PE, 233

Swing Dancing: Beginning

Learn to swing dance in a fun, relaxed atmosphere. You'll learn and practice a variety of easily performed swing dance steps that are the basic ingredients of all higher level swing dancing. This class will teach the basics of swing along with combinations and patterns of various swing movements. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738

Eight Hours | \$59

004 M 8 pm-9 pm
Feb. 26 - April 30

Couples and singles welcome. Rotation of partners is encouraged but not mandatory.

No Class 3/12, 4/23.

12 Hours | \$85

003 Tu 7:30 pm-9 pm
Feb. 20 - April 17

*Partners only.
No Class 3/19*

Karen Merlin

Bluebird Park

William Sevier

Sperreng, CAFE

Swing Dancing: Beginning I and II

This class will take you from beginning to amazing! Learn to swing dance in a fun, relaxed atmosphere. This class will start with the basics of swing along with patterns of various swing movements, then move on to more complex combinations and techniques. If you already know the basics, come refine your technique and swing to the next level. By the end of this course, you'll look great on the dance floor! A fun way to meet new friends and dance to great music. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | \$75

005 M 6:30 pm-7:45 pm

March 5 - April 9 **Geraldine Tevlin**
*Concordia Luth. Ch-Krk-
wd*

West Coast Swing

West Coast Swing is the most popular, evolving form of swing dancing throughout the world, danced by all generations. The music can be slower for blues or more upbeat for today's popular tunes. Leads are smooth, flirty and fun. It's very popular in the St. Louis area - lots of places to enjoy West Coast Swing on your next "dance-night out." Our instructors will cover the basics and move on to as many patterns as possible. We'll work on spinning, timing, lead/follow and more. Great fun for parties, weddings and other social events. Partners required. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/21.

DANC:740 | \$85

001 W 7:15 pm-8:30 pm

Feb. 21 - April 18

Sherry Martin

Sperreng, CAFE

**Get on the dance floor with STLCC
Continuing Education!**



Electric Slide

Electric Slide: Beginning

Slide dancing is a fun, energetic way to get your exercise. People of all ages can have a lot of fun moving to great music and making new friends, too! If you've never tried slide dancing, or you haven't danced this style in a while and would like a refresher, this is the class for you. Our instructor will start at the beginning and take you to fantastic! No experience required.

DANC:749 | \$59

- 001 Sa 10 am-10:50 am
Feb. 3 – March 10
- 002 Sa 11 am-11:50 am
Feb. 3 – March 10
- 003 Tu 6 pm-6:50 pm
March 20 – April 24
- 004 Sa 11 am-11:50 am
March 24 – May 5
No Class 3/31

Nigeria King
FP - PE, 233

LaVerne Gee
FV - PE, DANCE

Eleanor Whitney
FP - PE, DANCE

Eleanor Whitney
FV - PE, 233

Electric Slide: Plus

This is a strictly-for-fun course that is designed to teach you the Electric Slide and many of its popular variations. Be on top of the latest steps and routines so you can be confident on the dance floor at the next party or social event. Some experience recommended

DANC:749 | \$59

- 005 Sa 12 pm-12:50 pm
Feb. 3 – March 10
- 006 Tu 7 pm-7:50 pm
March 20 – April 24
- 007 Sa 12 pm-12:50 pm
March 24 – May 5

LaVerne Gee
FV - PE, 233

Eleanor Whitney
FP - PE, DANCE

Eleanor Whitney
FV - PE, 233

Line Dance

Country Western Line Dance

Learn the basic dance steps that will give you the confidence on the dance floor and join in on the fun. You'll have a lot of energetic fun while learning country western line dance classics, newer country western line dances, and all the 'party' line dances like the Cuban Shuffle, Wobble, Cupid Shuffle and Cha Cha Slide. Partner not required, but bring a friend or two for twice the fun! No experience necessary!

DANC:748

Six Sessions | \$59

- 002 Sa 10 am-10:50 am
April 7 – May 12

Eight Sessions | \$85

- 001 Tu 6:15 pm-7:15 pm
Feb. 20 – April 17
No Class 3/20

Nigeria King
FP - PE, DANCE

William Sevier
Sperrang, CAFE

Line Dancing for Adults

Even if you think you have two left feet, you can learn basic line dancing steps. No prior experience is necessary and no partner is required. Come by yourself or bring a group of friends. Be prepared for lots of fun, cardiovascular exercise, and the opportunity to make new friends. Learn some new line dances and some old classics at an easy-going pace. Non-rubber soled shoes recommended. No Class 3/15, 3/22.

DANC:748 | \$59

- 003 Th 7:45 pm-8:45 pm
Feb. 22 – April 26

Karen Merlin
Bluebird Park

Senior Dancing

Line Dancing for Older Adults: Beginning

Come learn fun line dances you can do without a partner. This is a great class if you're single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise, and meeting good friends. No partner required.

SENR:703 | \$59

- 002 F 1:35 pm-2:35 pm
Feb. 9 – March 23
No Class 3/2

- 003 F 1:35 pm-2:35 pm
April 6 – May 11

Sandra Derickson
Affton White-Rodgers

Sandra Derickson
Affton White-Rodgers

Line Dancing for Older Adults: Easy Intermediate

This class is for those who have mastered the beginning class and want to learn more dances. Come learn fun line dances you can do without a partner. This is a great class if you're single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise and meeting good friends. Prerequisite: Beginning Line Dancing for Older Adults. No partner required.

SENR:703 | \$59

- 004 F 12:20 pm-1:20 pm
Feb. 9 – March 23
No Class 3/2

- 005 F 12:20 pm-1:20 pm
April 6 – May 11

Sandra Derickson
Affton White-Rodgers

Sandra Derickson
Affton White-Rodgers

Line Dancing for Older Adults: Beginning and Easy Intermediate

Step it up a notch! This class is for beginners as well as those who want to learn more dances. Come learn fun line dances you can do without a partner. This is a great class if you're single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise and meeting good friends. Prerequisite: Beginning Line Dancing for Older Adults. No partner required. No class 3/1, 3/15.

SENR:703 | \$69

- 006 Th 10 am-11 am
Feb. 8 – April 26

Sandra Derickson
FV - PE, 233

Extra Easy Line Dancing

Even if you think you have two left feet, you can learn basic line dancing steps. No prior experience is necessary and no partner is required. Come by yourself or bring a group of friends. Be prepared for lots of fun and the opportunity to make new friends! Learn some new line dances and some old classics at an easy-going pace. Non-rubber soled shoes recommended. No class 3/13.

SENR:703 | \$59

- 001 Tu 10 am-10:50 am
Feb. 27 – April 24

Karen Merlin
Bluebird Park

Register online at stlcc.edu/CE or call 314-984-7777



Social Dancing

Easy Social Dancing for Special Occasions

Are you attending a cruise, wedding reception, or social gathering where there will be dancing? Then take our fun course and learn several easy dances that will allow you to dance to anything - fast or slow. You can learn how to look good and move with confidence on the dance floor. You'll develop the ability to lead (men) or follow (ladies) for a smooth, confident look. If there is a particular song you want to know how to dance to for your wedding or other social event, feel free to bring it to class for helpful suggestions. Couples and singles are welcome. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:728 | \$69

003 Tu 6:30 pm-7:50 pm
Feb. 27 - April 24
No Class 3/13

004 Th 6:15 pm-7:35 pm
Feb. 22 - April 26
No Class 3/15, 3/22

Karen Merlin
Bluebird Park

Karen Merlin
Bluebird Park

Easy Social Dancing I and II

In this fun class you'll learn how to look good and move with confidence on the dance floor. Start at the beginning or come back for a refresher and add some new moves to what you already know. It's fun, it's social, and you'll be out in the center of it all when the music starts playing at your next social gathering. You'll get help learning how to dance on the beat of the music; the best form for body positioning, posture and balance; how to lead and follow; how to spin, plus lots of great tips and ideas geared especially for each individual and couple. You'll practice forms of Swing, Slow, Latin and even Freestyle, if you like. Great music, lots of fun and all you need to know for your next social event or night on the town. Partners preferred. Fee is per person. Dress shoes recommended. No tennis shoes. No class 2/19

DANC:728 | \$85

001 M 8 pm-9:30 pm
Feb. 5 - April 2

002 W 5:45 pm-7 pm
Feb. 21 - April 18

Sherry Martin
Concordia Luth. Ch-Krkwd
Sherry Martin
Sperreng, CAFE

New Jazz in Heels

This is a general level class that is both energetic and stylish! Join us to build or improve your confidence dancing in heels. Each routine will be fun, stylized, enjoyable, and upbeat. Students should wear fitted clothing and character shoes or a pair of heels they feel comfortable moving in. No class 2/14.

DANC:713 | \$59

001 W 7:30 pm-8:20 pm
Jan. 24 - March 7

002 W 7:30 pm-8:20 pm
March 21 - April 25

Tamara Kelly
FP - PE, DANCE
Tamara Kelly
FV - PE, 233

Ballroom Dance: Beginning

In eight short weeks, you can learn to dance with grace and ease. Be comfortable and confident at the next social event you attend! A variety of dance rhythms and steps will be covered. Add a new dimension to your life by learning some of the classic favorites which can provide you with a lifetime of enjoyment. It's a fun night out and you'll be amazed at what you can do! Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/12, 4/23.

DANC:720 | \$69

001 M 6:30 pm-7:50 pm
Feb. 26 - April 30

Karen Merlin
Bluebird Park

Let's Dance, Quick Start! Night Club 2-Step

Night Club 2-Step is a great couple's dance to learn to dance to slow music. It's a dance that crosses music types, from country dance to R&B, easy listening, and smooth jazz. Night Club 2-Step can travel around the dance floor, stay as a stationary dance or a combination. It's a popular style for many wedding couples because of its smooth, romantic, and relaxed qualities. If you are looking for a great 'slow dance,' Night Club 2-Step is THE dance to learn and our experienced instructors will have you feeling comfortable on the dance floor in 3 short lessons! Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:719 | \$59

003 M 6:30 pm-7:45 pm
April 23 - May 14

Bob & Gerry Tevlin
Concordia Luth.-Krkwd, Cafe



Non-Discrimination/Accommodations Statement

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities, and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information, or status as a disabled or Vietnam-era veteran, and shall take action necessary to ensure non-discrimination. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact Mary Zabriskie, J.D. at 314-539-5345.

Access Office - disAbility Support Services for students with documented disabilities are available through campus Access offices. These services include: advising and academic counseling, coordination of academic accommodations and support services, consultation with faculty and staff regarding accommodation needs as well as help with connecting to community professionals and agencies. To qualify for services complete the online Application for Services and contact the Access Office on the campus where you plan to attend. Applications are accepted at any time during the semester, but the College recommends submitting requests as early as possible to allow time to make any necessary arrangements in time for the start of classes. Accommodations are generally not provided retroactively so it is important for you to apply for accommodations and provide documentation that supports your requested accommodations as soon as you can. For more information, visit stlcc.edu/disability or call the Access Office on your campus.

