

2022 Lake Lucerne Workshop. Dance Hall Address: Rigiweg 1, 6354 Vitznau

(Content maybe be changed or the order)

<i>Meet 10 mins before course 11.50 am</i>	Time Table	October 21-23 2022
Friday 21st	Saturday 22nd	Sunday 23rd
<i>For ladies no high heel shoes please, teaching shoes only.</i>	9.00: 90 min course. Exercises Tango Leg Action	9.00: 90 min course. Exercises Waltz reverse figures
11.00: 90 min course. Foxtrot Basic movement	10.30: 30 min Break	10.30: 30 min Break
12.30: 1.5 Lunch Break	11.00: 90 min course. (Filming: Tango base figures)	11.00: 90 min course. (Filming: Waltz shape & hip angles)
14.00: 90 min course. (Filming: Fox shape & hip angles + leading)	12.30: 1.5hr Lunch Break	12.30: 1.5hr Lunch Break
15.30: 30 min Break	14.00: 60 min course. Guided practice looking at your VWaltz.	14.00: 60 min course. Guided practice looking at your Waltz routine
16.00: 60 min course. Guided practice looking at your QS routine.		15.00: End of the course
21.00 - 22.15 Practice	21.00 - 22.15 Practice	