



Adult Dance Classes: Spring

Nightclub Two-Step

Slow it down and get social, with Nightclub Two-Step! A practical, versatile, and fun social dance to soft rock and romantic country music. Elements of Swing, Salsa, and Bolero are incorporated making it the perfect dance style for weddings, parties, and even nightclubs.

Bachata

Bachata is a simple, sensuous, and social dance to romantic music. Bachata has been influenced by several dance styles including Merengue, Salsa, and Cumbia. Learn to move in time with the rhythm of the music and a partner.

East Coast Swing

East Coast Swing is a widely popular, universal dance that's great for beginners! You can dance East Coast Swing to a variety of upbeat musical styles including Big Band, fast Blues, Country, and Rock 'n' Roll. Learn underarm turns, cradle, and hammerlock.

Country Waltz

A romantic Waltz with 3/4 timing, this is the perfect dance to sway to the slow melodies of Country music! Country Waltz is a smooth dance that travels and turns continuously around the dance floor.

Ballroom Dance

Learn the basic steps of classic Ballroom dance styles in this fun and energetic class. You'll experience steps for the Waltz, Foxtrot, and Rumba! Gain confidence on the dance floor as you learn to lead or follow with a partner.

Salsa Dance

Salsa Dance is very popular for a reason, it's fun and easy to learn! This rhythmic and vibrant Latin dance has spread to dance floors across the world. Partners dance in a slot and exchange positions with various turns.

West Coast Swing

West Coast Swing is a popular, modern Swing dance that can be danced to a variety of musical genres including slow Blues, Pop, Contemporary, Hip-Hop, Top 40's, and Country. While both West Coast Swing and East Coast Swing evolved from Lindy Hop, West Coast Swing moves up and back in a slot, while East Coast Swing tends to rotate in a circle. West Coast Swing encourages improvisation and communication between partners.

Country Two-Step

Country Two-Step is a popular partner dance that travels around the dance floor combining walks and spins. Come learn to move in time with amazing classic and contemporary Country music.