

Polka Dance Workshop



Learn the Two-step & Polka

The polka is one of the popular couple dances seen at many contra dance events. The two-step is another fun dance and is an easier version of the polka. We'll be learning a freestyle two-step, the Cotton Eyed Joe, the Heel & Toe Polka, and a freestyle polka. Basic step-patterns & positions for these dances will be taught. Leading and following techniques will be emphasized. Different figures will be learned and then applied so that each man will be able to lead his partner through them. No partner necessary as we will be rotating partners frequently during the lesson.

Dance instruction by Graham Hempel

What people have said about Graham's teaching-sessions:

- "I liked the pace of the class. It moved at a very steady pace. He was very prepared for class – very organized."
- "He is very easy to understand; very knowledgeable on the subject. I really enjoyed this class!"
- "He breaks down the steps well. He was very good at explaining & demonstrating dances."
- "He teaches the dances well by first practicing them without music, then with music."

Saturday, January 23, 2010

4:00 to 6:00 PM

**Trinity United Methodist Church – Dance Hall
3030 Thorn Street (in North Park), San Diego**

\$5.00 per person

(\$4.00 for minors)

No advanced sales; admission collected at the lesson.