

# Learn Ballroom



## Dancing



**Singles and Couples Welcome**

8 week course, you will learn two dances.

**Tuesdays 7pm – 8:30pm** Starting September 14, 2010

Composed of two 40 minute sessions

**\$80 per person**

**First two classes \$15 (no commitment)**

### *Historic Grand Hall Ballroom*

217 Oak Street – Downtown Farmington, MN  
952-807-2417 [www.GrandHallBallroom.com](http://www.GrandHallBallroom.com)

## Fall 2010 Dance Lessons offered

Level-1 No Partner & No Experience Needed

**Slow Waltz** is the epitome of ballroom dance characterized by the smooth rise and fall action of the dancers. The elegance of Waltz will help you make an impression at any dance.

**Foxtrot** is a “smooth” ballroom dance with slow and quick steps, characterized as 'gliding' across the floor. It is playful and danced to slower 'swing type' of music.

**Rumba** is a romantic “rhythm” dance that is simple to learn, but challenging to master. Rumba can be danced to Latin, soft rock, or country music.

**Cha Cha** is a high energy “rhythm” dance that is playful and energetic and can be danced to a variety of music.

**East Coast Swing** is another high energy dance suitable for both the ballroom, night clubs, weddings, etc. Swing music is characterized by faster tempo than foxtrot, but the same basic rhythm.

PRIVATE LESSONS ALSO AVAILABLE.