

KEVIN ST. LAURENT CARLA HEINEY

FRIDAY, FEBRUARY 25

Winnings Coffee House / 111 Harvard SE

7:00 pm: REGISTRATION

7:00-10:00 pm: **Social**

SATURDAY, FEBRUARY 26

Enchantment Ballroom / 337 San Pedro Dr NE

10:30 am: REGISTRATION

10:45-noon: Lindy 1: Getting connected and polishing the basics

1:00-2:15 pm: Lindy 2: More connection and style

2:30-3:45 pm: Balboa 1: Pure Balboa and rhythms

4:00-5:15 pm: Lindy 3: Dips & Tricks
(Must be intermediate or complete Lindy 1 and 2)

8:00-10:00 pm: **Social with the RIO RHYTHM DANCE BAND**

Zinc / 3009 Central Ave NE

11 pm-2 am: **Late Night Social at Zinc**
sponsored by
UNM Jitterbugs Anonymous

SUNDAY, FEBRUARY 27

Enchantment Ballroom / 337 San Pedro Dr NE

10:30 am: REGISTRATION

10:45-noon: Balboa 2: Bal-Swing

1:00-2:15 pm: Balboa 3: Mixing pure Balboa with Bal-Swing and new rhythms

2:30-3:45 pm: Lindy 4: Musicality

4:00-5:15 pm: Lindy 5: Advanced, requires partner.
(Must be advanced or complete Lindy 3 and 4)

8:00-10:00 pm: **Social**



Workshop LINDY HOP & BALBOA ALBUQUERQUE NEW MEXICO FEBRUARY 25-27, 2005

For More Information:
email: wing@swcp.com
or call: (505) 453-0773

www.swcp.com/~wing/workshop2005.pdf
www.kevinandcarla.com

**WORKSHOP
PASS**

\$80

Includes
ALL CLASSES
& SOCIALS

**STUDENT
WORKSHOP PASS**

\$50

Includes
ALL CLASSES
& SOCIALS
Must show valid
student ID.

CLASS FEE

\$12

per CLASS.

SOCIALS

\$3

per SOCIAL.

**BE THERE
OR BE
SQUARE!**

KEVIN ST. LAURENT & CARLA HEINEY

Kevin & Carla are internationally recognized instructors and world-class dancers featured at venues in France, England, Spain, Germany, Australia and the U.S. Their competition titles include 4-time US Open Lindy Hop Champions (2001-2004), 2-time American Lindy Hop Champions (2001, 2002), and 2-time North Atlantic Lindy Hop Champions (2002, 2003). Most recently they took first place in the Ultimate Lindy Hop Showdown Team Division (2004) and each won first place in the Pro Jack & Jill at Camp Hollywood (2004).

Kevin and Carla are known for their ability to adapt their swing dancing to complement the style and tempo of the music. They excel at musical interpretation and partner connection. Regardless of tempo or style, Kevin and Carla's versatility, musicality, and creativity create a powerful and energetic dance.

They currently reside in San Francisco, California where they teach weekly classes that are now available online, for students the world over.



**Come and have fun,
learn to improvise,
and play!**

LINDY HOP & BALBOA

Lindy Hop and Balboa emerged as the dances of swing jazz music in the 1920s and 1930s. Both dances remain vital today keeping the heritage alive and adapting to modern dance and music.

Lindy Hop evolved in Harlem, New York, a fusion of American dances. It freely borrows moves and styles from other dances like Charleston, Big Apple, and tap. Moves can be fast and energetic or slow and stylish. Life Magazine dubbed Lindy Hop "America's dance" in the 1940s.

Balboa evolved out of Charleston, on the Balboa Peninsula in California. Pure Balboa is intrinsically simple with both partners standing upright, intimately chest-to-chest. The main variations are changing direction and playing with the rhythm and style from the knees down. Bal-Swing adds separations and spins adapted from Lindy Hop.

SPECIAL THANKS TO:

Doug Elerath, Caci Gallop, Betzi Hitz, Matt Horowitz, Jules Klapper, Michael Wing, Enchantment Ballroom, UNM Jitterbugs Anonymous, Winnings, Zinc, and all New Mexico Lindy Hoppers.