



Workshops 2024

Workshops will be held the 4th Sunday of the month between February and November 2024 @ The Nambour Bowls Club. The workshops represent a variety of styles and skill levels so please contacts us for more details (coolcatsqld@gmail.com / Sarah 0402 592 253).

Workshops are 2hrs duration (12:30pm - 2:30pm) and cost \$30/pp. The 3hr practice / social dance following is FREE for workshop participants (otherwise \$5pp). Serviced bar; BYO water & snacks.

www.coolcatsrocknrollsunshinecoast.jimdo.com/free-resources/workshops/

Date	Workshop
February 25th	Intro 6-Step / 7-Step (Kick-Ball-Change) Rock 'n' Roll *
March 24th	Aerials Basics - "5 E-s" *
April 28th	Swing Tier 2/2+ ^*
May 26th	Blues Rock Extras **
June 23rd	Rockabilly Tier 2/2+ ^*
July 28th	Timing, Footwork, & Body Movement The Jitterbug Stroll / Rockin' Cats (Line Dances) ***
August 25th	Aerials #2 **
September 22nd	Rock 'n' Roll Tier 2/2+ ^*
October 27th	Swing > Lindy Hop Extras
November 24th	Rockabilly Tier 2/2+ ^*

Notes:

* Partner Required

** Partner Recommended

*** No Partner Required

^ Course lessons extend to Tier 2 (intermediate) content. Workshop content should be comfortable for those students currently working through this content. Tier 2+ content will extend further and may prove challenging - but approachable - for students already comfortable with course Tier 2 content.

” Aerials Basics workshop or similar skills development in class required for both participants.