

SUNDAY, OCTOBER 9, 2022

BDC Workshop Series Presents:

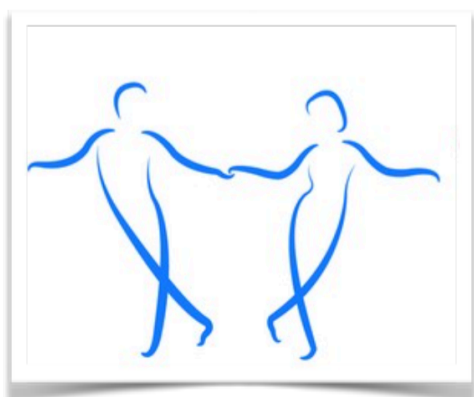
WEST COAST SWING:

Beyond the Basics with:

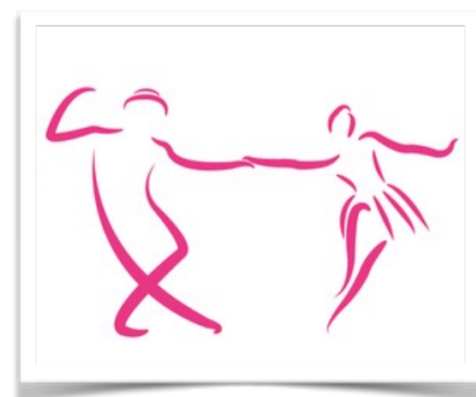
David Roland & Stan Ostendorff

Agenda

- 1:30: Welcome & Warm-up
- 2:00: Whip Variation Patterns w/David
- 2:55 Supervised Practice
- 3:15: Break - Light Snacks & Water Provided
- 3:30: **Optional:** Lady's footwork w/ Shirley
- 3:45 Maintaining Partner Connections w/Stan
- 4:00: Introduction to Lady Leads AKA "Hijacking" w/Stan
- 4:45: Supervised Practice
- 5:00: Adjourn



Attendees need a good understanding of basic pushes, passes & the whip.



Cost: Members -\$30 Non-members - \$35