

- Cool Cats Workshops - Introductory Rockabilly

Introduction to Rockabilly (~1.5hrs)

Rockabilly	Basics	Variation
~30min	Basic Footwork and Hand Holds	2 Hand Basic; LH Basic
~30min	Top Turn American Spin	2 Hand/ LH Top Turn Flick Away
~30min	Cuddle & Roll-Out	Roll-In
~15min	Routine & Practice	

This workshop assumes some prior experience with a basic Swing or Rock 'n' Roll style. Reduced content (variation) or additional time should be allocated for workshops where a large percentage of the students may be new to dancing.

Routine:

- Basic x 2
 - optional LH or 2Hand
- Top Turn
- American Spin
 - optional Flick Away & Basic
- 2Hand Basic
- Cuddle & Roll-Out
 - optional Roll-In & Roll-Out
- LH Top Turn
- LH American Spin
 - optional Flick Away & Basic
- *Repeat

- Cool Cats Workshops - Intermediate/Advanced Rockabilly

Intermediate/Advanced Rockabilly (~1.5hrs)

Rockabilly	Intermediate	Advanced
~30min	The Wave	Double Back & Forth
~30min	Man Under	Roll Around (Compounding & Rotation)
~30min	Headchopper	Tunnel*
~15min	Routine & Practice	

*Time allowing

This workshop assumes prior experience with Rockabilly. Reduced content or additional time should be allocated for workshops where a large percentage of the students are new to the style.

Routine:

- RH Basics; Top Turn; American Spin
- The Wave
 - 2-Hand Basics - OR -
 - Double or Back & Forth
- LH Figure 8
- Man Under (Flick Away)
 - RH Basics; American Spin - OR -
 - Roll Around (Flick Away)
- 2-Hand Basics; Cuddle; Roll-Out
- Headchopper - OR -
 - Tunnel
- Flick Away or American Spin
- *Repeat



Cool Cats Rock 'n' Roll

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Take The Next Step

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INTERMEDIATE/ADVANCED ROCKABILLY WORKSHOP PREREQUISITES

The workshop is intended for intermediate to advanced rockabilly dancers (a minimum of 1 years experience, preferably 2 yrs). Participants should be familiar with the requirements of the style, including but not limited to:

- Man's movement anticlockwise around the lady
- Lady's hip lift and full rotation
- All basic leads and blocks; movement and positioning into leads and blocks
- Spins vs. Turns - Who, When, How

WORKSHOP CONTENT

The workshop will focus on figures that require good connection with partner, use of dance frame, solid leads and appropriate body movement and positioning. According to how well dancers progress through the content, up to four figures will be taught during the workshop:

- The Wave
 - Double
 - Back and Forth
- Man Under
 - Roll Around
- The Head-Chopper
- The Tunnel

It is not expected that all figures taught will be retained by participants following the workshop. Rather, it is anticipated that workshop participants will obtain a greater appreciation of various aspects of technique, harmony and variety within Rockabilly through the examination of these figures. These skills may then be used to improve dancers existing Rockabilly, making it tighter, smoother and sexier than before.

CLOTHING AND FOOTWEAR REQUIREMENTS

Shoes that do not stick to the floor too much will be an advantage. Men should avoid shirts that may restrict arm and shoulder movement, while Ladies always look great in pencil skirts!