

This workshop will focus on choreography and techniques for leading a class or a group of dancers. We will run through specific choreography processes as well as categories of movements and how to sequence a series of movements within one song, and eventually, one whole routine. This is essential for those who want to teach SoulSweat™, but also for those who want to expand on their dance creativity and range of movement.

Part 3 - 5 Minutes of Fame!!!!

DATE AND TIME: Saturday, April 28, 1:30-7pm

See your name in lights! Hear your adoring fans praising your creativity! Feel the feeling of triumph as you face your fears and shake your booty in front of a class full of dancers following your every move! This is the grand finale of the workshop. You will pick a favorite song, work up your own SoulSweat™ choreography, and show the world that you can move mountains!!!

This will be a fun, supportive...and I mean SUPPORTIVE....environment for you to step into the spotlight.

This will be a FREE “class” and open to the public.

Additional Information

* For those who wish to teach under the SoulSweat™ name, please understand that this process is by invitation only. After the workshop, prospective teachers can sign up for the last leg in the teacher training process. You will be asked to create a full-length routine of original choreography using SoulSweat™ principles (this is usually 10-15 songs). Then you will undergo 6-8 hours of 1-1 training where you will also receive feedback on your routine and teaching style. Once approved, you are free to start teaching SoulSweat™. **There is an additional \$200 fee for those who wish to take this final step toward becoming a SoulSweat™ teacher.**

** It is possible to attend the first weekend intensive as a stand-alone workshop. The fee for the first weekend is \$445. However, I do recommend that you strive for the whole workshop as the Choreography session offers the opportunity to creatively express your dance with the new insights that you gain in the first weekend. And the 5 Minutes of Fame is just plain fun!

For more information: Chantal Pierrat, chantal@soulsweatdance.com; 720-937-0937 Cell