

Cajun and Zydeco Dance Workshops

Saturday April 20th, 2-5pm

The Rose Room—295 Gregory St

Offered by **Rochester Cajun Zydeco Network** the afternoon prior to the evening performance by **"Rose and the Bros"** - Doors - 6, Show - 7-10

Rochester Cajun Zydeco Network has been bringing the best in Cajun & Zydeco music from or inspired by the Cajun & Creole people of Louisiana for over 20 years, hosting a monthly Dancehall scene at the Harmony House in Webster and beyond, where people have been able to lean into the joy, playfulness and dynamism which naturally flow from Cajun and Zydeco music and dance. **Now's your chance to explore and learn.**

You choose: Cajun OR Zydeco OR Both

JOIN US WITH OR WITHOUT A PARTNER

Cajun 2-Step & Waltz

2:00-3:30

Cajun 2-Step

- Traveling dance floor etiquette
- Frame and Invite/Respond
- Step Variations (QQSS,QQS)
- Rotations & Corners & Turns

Cajun Waltz

- Bar-room vs Ballroom
- 1-2-3, 4-5-6 "walk"
- Rotations & Corners & Turns

Interactive Session

Louisiana Video & Open Practice

Zydeco 2-Step - Close & Open

3:30-5:00

Zydeco - Closed Position

- Birth of Zydeco Dance
- From 2-Step to Closed Position
- Frame & Compression Key
- Step Variations (SQQ, SSSK)
- Turns, Play, Funk and Fun

Zydeco - Open Position

- Shifting Closed to Open
- Hand Toss - QQ Catch, QQ Throw

Interactive Session

Louisiana Video & Open Practice

Advance REGISTRATION - PAY IN CASH at the Workshop

PRICES: One Session - \$10, Both Sessions - \$15 /// Rose & the Bros Show - \$15

Name & Contact Info

NAME: _____

PHONE: _____

EMAIL: _____

LEADER OR FOLLOWER: _____

INFO: www.rochesterzydeco.com

CHOOSE YOUR CLASS(ES)

CAJUN - ZYDECO

HOW TO REGISTER

MAIL TO: RCZN 760 Penfield Rd, Rochester 14625

SEND PHOTO OF COMPLETED FORM TO:

585-727- 4119 OR zydjunky@gmail.com

CALL: 585-727- 4119