

# Cajun and Zydeco Dance Workshops

**Tuesdays - October 7 & 14, 7-9pm**

**The Rose Room—295 Gregory St**

**Offered by Rochester Cajun Zydeco Network**

**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, 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.**

**Classes taught by Alla Levi and Michael DuPre'**

**You choose: Zydeco OR Cajun OR Both**

JOIN US WITH OR WITHOUT A PARTNER

## **Zydeco - Closed & Open**

**Tue, Oct 7 - 7:00-9:00 PM**

### **Zydeco - Closed Position**

- Frame with Hand & Arm Options
- Basic 4-Count (step-step-step-tap)
- Variations (Stomp, 2-Step, Sway)
- Rotations and Swing Moves

### **Zydeco - Open Position**

- Transition from Closed to Open
- One-Hand Variations
- Hand Pumps, Shoulder & Hip Bumps
- Open "PLAY"

***1/2-hr Practice with Coaching***

## **Cajun 2-Step(s) & Waltz**

**Tue, Oct 14 - 7:00-9:00 PM**

### **Cajun 2-Step(s)**

- Traveling dance floor etiquette
- 2-Step Variations (8-count & Mamou)
- 180's & Corners & Turns

### **Cajun Waltz**

- Barroom vs Ballroom
- 1-2-3, 4-5-6 "walk"
- Rotations & Corners & Turns
- Endings (bows, cuddles, swivels, dips)

***1/2-hr Practice with Coaching***

**Advance Registration suggested due to space limitations**

**PAY IN CASH or VENMO at the Workshop**

**PRICES: One Workshop - \$25, Both Workshops - \$40**

### **Name & Contact Info**

**NAME:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**LEADER OR FOLLOWER:** \_\_\_\_\_

**INFO: [www.rochesterzydeco.com](http://www.rochesterzydeco.com)**

### **CHOOSE YOUR CLASS(ES)**

**ZYDECO - ☐ CAJUN - ☐**

### **HOW TO REGISTER:**

**A) MAIL TO: 760 Penfield Rd, Rochester 14625**

**B) SEND PHOTO OF COMPLETED FORM TO:**

**585-727- 4119 OR [zydjunky@gmail.com](mailto:zydjunky@gmail.com)**

**C) CALL: 585-727- 4119**