

3 DANCEFEST MASTER CLASSES OFFERED

CHECK ONE: **IRISH CEILI** NO DANCE EXPERIENCE NEEDED

COUNTRY DANCING; ACCESSIBILITY AND INCLUSION
LINE DANCE FROM "FOOTLOOSE"

AN ANATOMICAL APPROACH TO TURNS AND JUMPS
INTERMEDIATE/ADVANCED level

WHERE

Spokane Community College Lair Building # 6
1810 North Greene Street Spokane, WA

WHEN

Saturday, March 2, 2019 All Classes: 10:00--Noon

COST

FREE! Signed form required. Space limited. Register early before classes fill!

Register online www.indaspokane.com OR download and mail form to:

INDA Attn: Isabelle Cook; 4120 South Sullivan Rd; Veradale, WA 99037

WITH INDA member teachers Bios and further class information on [website](#)

Irish Ceili: **Natasha Hart,TCRG, An Misneach Sionnach Damhsa, MSD Irish Dance Academy**

Dancers of all shapes, sizes, ages, & skill levels learn traditional Irish step routine soft shoe or barefoot.

Country Dancing; Accessibility & Inclusion: **Dusty Wetzler, Country Swing LLC**

Learn the moderately difficult line dance to "Footloose". It has significant amount of cardiovascular activity, with modifications make it accessible to anyone without severe mobility issues. This line dance will be performed on stage at the end of the showcase. Dusty will teach other line dances as time allows.

An anatomical approach to Turns & Jumps: **Angelie Melzer, Professional Ballet School**

Approach the technique of turns and jumps from the ideas of aligning the skeleton/bones and utilizing the power of the back muscles with class culminating in a Don Q Variation: Kitriâ's entrance Act 1.

Master Classes registration info: contact Isabelle Cook at 509-927-0972 /isabelle@isabellesdancetime.com

PLEASE FILL OUT & RETURN PAGE MEDICAL DISCLAIMER FOR ALL MASTER CLASSES

PRINT all information -ONE entry form per person. This Form must be SIGNED & DATED to participate. NO exceptions!

Student Name _____ Age _____ Birth date _____ / _____ / _____

Address _____

Email _____

Phone Number _____ Studio Name _____

How did you hear about DanceFest? _____

Medical Disclaimer: in consideration of the opportunity to participate in the dance workshop sponsored by the Inland Northwest Dance Association, I, individually or as a Parent/Guardian on behalf of a minor, do hereby waive, release, and discharge any and all rights, demands and claims for damages that I may have against INDA, ITS EMPLOYEES, MEMBERS OR AGENTS, for any and all injuries and losses related to this workshop. I attest and I have full knowledge of the risks involved with dance training and that I assume responsibility for my own medical and emergency expenses in the event of an accident, illness, or other incapacity. I state that I am physically fit and sufficiently trained to participate in the class that I have chosen as offered by this workshop.

SIGNATURE AND DATE REQUIRED

PARTICIPANT (over18) or

PARENT/GUARDIAN _____ DATE _____