

Welcome to

# SWING FLING



Thursday

	Luray Ballroom	Cirrus BC	Cirrus A		
7pm		JJ Practice (WSDC Novice) Margie Tuttle-Innecco	"WCS 101" (Lo) Lara & Steve	3-7pm "Powerful Fluidity" Thibault & Nicole	
8pm	"Whip It Up!" (L2&3) Thibault & Nicole		Welcome Program: Orientation Kay Newhouse		
9pm	<i>Welcome Party Let's Dance!</i>	JJ Practice (WSDC Intermediate) Mia Primavera	Welcome Dance w/the Newcomers hosts Alex & Brianna		<b>Rockbridge</b>
10pm				JJ Practice (WSDC AS & Champ) Arjay Centeno	10pm

**Self-Sorted Workshops**

All= Appropriate for all levels.

L1= Fundamental patterns and techniques with basic partnering & musicality concepts.

L2= Requires fluent recall & application of pushes, passes, turns, whips, and basic variations.

L3= Complex patterns or detailed technique. Significant

**Guided Level Workshops**

Nov, Int, Adv, AS = Entry to these workshops is based on WSDC competition levels.

Look up your level here:





Friday

	Luray Ballroom	Cirrus BC	Cirrus A	Rockbridge		
11am	"Canon Blues Moves" (L2&3) Robert Royston		Barre & Stretch Move with Margie	Private Lesson Contact List 	11am	
12pm		Open Dancing	"Power Patterns" (L3) Greg & Lemery		"Body Flow & Passes" (L1) Eric Byers	12pm
1pm	Followers: Newcomer/Novice, Intermediate					1pm
2pm	Leaders: Newcomer/Novice, Intermediate	"Get Ready for the Steal Zone" Melodie & Kyle & Rachel P (L2)	"Good Whips" (L1) Doug Rousar	JJ Practice (WSDC Advanced) Alyssa Lundgren	2pm	
3pm	Open Dancing				3pm	
4pm	ProAm Spotlight	"Leverage & Weight Support" (L3) Thibault & Nicole	"Cultivating Connection" (L1) Heejung Jung	<b>"JJ Prelims Strategy"</b> (WSDC Nov+) Erica Smith <b>Add On</b>	4pm	
5pm	Open Dancing					5pm
6pm	Strictly Swing Newcomer/Novice, Intermediate, Advanced			Welcome Program: Orientation Kay Newhouse	6pm	
	Closed for Refresh	"One Foot Spins" (L2) Larisa + Aidan	"Starting a Dance" (L1) Eric Byers			
7pm	"Pieces of the Pattern" (L2&3) Jesse & Ariel			"WCS 101" (Lo) Mia Primavera	7pm	
8pm	Open Dancing	"Switch!" (L2 both roles) Arjay Centeno	"Social Dance Success" (WP) Kay Newhouse	Code of Conduct 	8pm	
9pm	Strictly Swing Generational		Open Dancing w/the Newcomers hosts Jeff & Rebecca			9pm
10pm	Allstar, Champions				10pm	
	<i>Friday Night Party Dance all night!</i>	Closed JT Swing Rehearsal		Disney Sing-along with Chris Rupp After Champions Strictly, in the lobby		
11pm		Swouk Workshop Guigo				11pm
		Swouk & WCS Mix 12-1am Steal Zone 1-2am				



# Saturday


Current as of August 6th, 2024

	Luray Ballroom	Cirrus BC	Cirrus A	Rockbridge		
10am	Closed for Floor Trial	"Swing the Blues" (L3) Léo Lorenzo	"Learn to Dance the Shim Sham" (All) Carla Crowen		10am	
11am	"Best Moves Ever" (L2&3) Matt Auclair	Newcomer J&J Warmup Kay Newhouse	"Frame & Connection" (L1) Rachel & Thomas	<b>"The Two Beat Challenge"</b> Michael Kiehm (WSDC Int +)	11am	
12pm	Open Dancing				<b>Add On</b>	12pm
1pm	Novice, Newcomer <i>Prelim(s)</i> Newcomer Final & Awards	"Solo Swing" (L2&3) Rachel & Thomas	"Foot Stuff" (L1) Za & Anna	<b>"Beginner Dips"</b> Melodie & Kyle	1pm	
2pm					Open Dancing	<b>Add On</b>
3pm	Jack & Jill Intermediate, Advanced <i>Sophisticated, Prelim(s)</i>	"Solo & Partnered Drills for WCS" (L2) Doug Rousar	"Turns & Spins" (L1) Margie Tuttle-Innecco	Shirts & Hoodies 	3pm	
4pm					Open Dancing	
5pm	Open Dancing	"Phrasing & Musicality" (L3) Thibault & Nicole	"Variations" (L1) Skylar & Ryan	<b>"Partnering" (WSDC Nov+)</b> Markus & Tren	5pm	
6pm	Masters Prelim Allstar <i>Prelim</i>				<b>Add On</b>	6pm
7pm	Closed for Refresh	<b>Gone Country</b>	7pm 'Storytime' with Robert Royston in the Lobby			
8pm	"Love Languages of WCS" (L2&3) Markus & Tren	Country Swing for Westies (Lo) Jacob Reding	"Play with Your Basics" (L1) Flore & Phil	<b>"WCS 101" (Lo)/WCS for Country</b> Swing Dancers - Rachel Phelps	7pm	
9pm	Open Dancing	Country Swing: Dips, Drops & Leans - Jacob Reding			8pm	
SHOW	Rising Star	Country Swing & WCS Mix	<b>Information for Competitors</b> Contest Rules  >Register & pick up your competitor number at least 1 hr before your session starts >Check in at the staging area 15 minutes before your contest begins >Callbacks will be posted on the screen and the SwingDancer App >Scores will be posted at the end of the weekend			9pm
	Superstar Show					
	Open Dancing					
	Jack & Jill Champions					

*Saturday Night Party!*



# Sunday

	Luray Ballroom	Cirrus BC	Cirrus A	Rockbridge	
11am	"Call & Response" (L2&3) Robert Royston	"Breathwork Expression" (L3) Heejung Jung	"Get Better at WCS" (L1) Erica Smith	<b>"Layers of Musicality"</b> (WSDC Int +) Za & Anna	11am
12pm	Open Dancing				<b>Add On</b>
12pm	ProAm Strictly New/Nov, Int, Masters				
1pm	Open Dancing	"Speed Changes" (L2) Skylar & Ryan	"Linking Patterns" (L1) Matt Auclair	<b>"JJ Finals Strategy"</b> (WSDC Adv+) Flore & Phil	1pm
2pm	Novice, Soph, Masters <i>Heated</i>				<b>Add On</b>
3pm	Open Dancing	"Footwork" (L2) Greg & Lemery	"Finishing Touches" (L1) Jesse & Ariel		3pm
4pm	Jack & Jill Finals Intermediate, Advanced, Allstar <i>Spotlight Finals</i>				WP Wrap-Up w/ Kay

# Sunday Night

	Cirrus BC
7pm	"Afterglow Time" (L2&3) Lara & Steve
8pm	<i>Afterglow Party</i>



How was it?  
Let us know!



Let's Do it Again!  
Nov 14-17<sup>th</sup>, 2024