



*Want to brush up on your technique? Improve your steps, formations, or a little bit of both? Come along to our*

# **Technique Day!**

*a day of classes aiming to offer Scottish Country dancers of all levels an opportunity to practise and improve technique appropriate to their experience level*

Time	Class name	Level	Description
9 – 10:30am	Improving Steps	Beginner/ Intermediate	This class aims to help you improve your basic steps in quick time and strathspey.
10:30- 11am	MORNING TEA provided (COVID permitting)		
11am – 12:30pm	Focus on Formations	Beginner/ Intermediate	This class aims to help you feel confident dancing formations that are often found in dances on social programs.
12:30 – 1:30pm	LUNCH – BYO picnic to share under the trees!		
1:30 – 3pm	More challenging formations	Intermediate/ Advanced	This class aims to help you consolidate some more advanced formations. You will learn technique that enables you to dance more difficult formations with more ease.
3 – 3:30pm	AFTERNOON TEA provided (COVID permitting)		
3:30 – 5pm	Advanced High Impact Technique	Advanced High Impact	The aim of this class is to allow advanced dancers to improve technique while dancing in a high impact environment. This class is suitable for dancers with a high level of physical fitness who can dance in a wider set, as well as ability to dance all common and more difficult formations with minimal instruction.

Steps and formations will be contextualised in dances, showing you the applications of technique and giving you opportunities to practice applying it.

**When: Sun 11<sup>th</sup> April**

**Where: Folk Dance Canberra Hall, 114 Maitland St. Hackett**

Cost: 1x class = \$6 (Member), \$8(Non-member).  
 Bundle two or more classes and save! 2x classes = \$10/\$14 |  
 3x classes = \$14/\$20

**Online registration required [here](#)**  
*it's quick and easy!*

For more info please contact Kira: [kira.rsdcscbr@inet.net.au](mailto:kira.rsdcscbr@inet.net.au)



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BRANCH**