

**We are proud to announce the debut of Swing and Salsa dance lessons at Water Street School of Art with Professional Dance Instructor Cinnamon Trammell.** (biography listed below)



Sign up for 4 classes for only \$50 or drop in for \$20/ class (must give 48 hour notice please)

**Swing:**

When your mom and dad talk about swing dancing to the music of Elvis Presley and Chuck Berry back in the 50's, this is the dance they were doing. Also called The Jitterbug, East Coast Swing is the official "sock hop" swing dance for jump blues. East Coast Swing is a circular, rotating swing dance that has many wraps, tunnels, and turns. The basic step is: triple step, triple step, rock step. The music is diverse and includes oldies (Elvis and Chuck Berry), jump blues, country, big band, and top 40. East Coast Swing is a versatile dance suitable for both the ballroom and the bar room. With a wide range of music to choose from you can swing to almost anything. Swing music is written in 4/4 time with a tempo of 145-170 beats per minute. Since this is a quick dance, the steps should be small and light. The basic step is tough at first. Fortunately, it's like learning to jump rope: initially it's awkward, but eventually it becomes smooth and nearly effortless. Wednesdays March 17, 24, 31, April 7, 14, 21, 28 from 6-7pm

**Salsa:**

Salsa is danced by stepping on 3 consecutive beats of music and then pausing for 1 beat, then repeating. The step timing can be thought of as step, step, step, pause; step, step, step, pause. Dance teachers count the step timing as quick, quick, slow; quick, quick, slow. Each quick consumes one beat of music, each slow consumes two beats of music. Depending on how you hear and feel the music, you may start the dance on any beat of the measure you wish. Most beginners start the dance on the first beat of the measure. The name "salsa" correctly describes the flavor of this dance: hot! Danced correctly, there's a lot of shakin', shimmying, and hip action going on. Don't be deterred—you can learn how to achieve all of this action. The basic step of salsa can be accomplished with less than 10 minutes of practice. Wednesdays March 17, 24, 31, April 7, 14, 21, 28 from 7:30-8:30pm

**Instructor Biography:**

Cinnamon started his dance career at the age of 5 in Manhattan, New York. With roots beginning in tap and ballet, soon to follow would be hip-hop and freestyle added to his dance repertoire. In this time he became an assistant teacher, then a head instructor. In 1997 Cinnamon was introduced to ballroom dancing by a peer involved as a professional competitor. From that day, his feeling ignited for it, and soon himself became a professional. Cinnamon has taught ballroom for a number of franchised schools as well as independent schools. Cinnamon also teaches salsa at a number of night clubs in the city and suburbs of Chicago. His experience also includes commercials, trade shows, and fashion show intermissions. Cinnamon also performed as an actor and dancer in a number of rock operas, such as Grease, Purple Rain to name a couple. Cinnamon brings a unique, fun and refreshing approach to his teaching style. Being known as the "feeling Instructor" by most of his students, Cinnamon has helped many to feel the difference between the many different styles of dance. One of his main focuses is to help personalize the dance for his students, and reach the true fun of each style.