

2023 Lake Lucerne Workshop. Dance Hall Address: Rigiweg 1, 6354 Vitznau

(Content maybe be changed or the order)

<i>Meet 10 mins before course Friday 10.50 am</i>	Time Table Lake Lucerne	October 20-22 2023
Friday 20th	Saturday 21st	Sunday 22nd
<i>For ladies no high heel shoes please, teaching shoes only.</i>		9.00: 90 min course. Exercises. Tango leg Action.
11.00: 90 min course. Quickstep Base action.	11.00. 90 min course. Waltz action	10.30: 30 min Break
12.30: 1.5hr - Lunch Break	12.30. 1.5hr - Lunch Break	11.00: 90 min course. Tango
14.00: 90 min course. Interpreting Quickstep Characterisation.	14.00: 90 min course. Foxtrot shaping & hip angles whilst connecting figures.	12.30: 1.5hr - Lunch Break
15.30: 30 min Break	15.30: 30 min Break	14.00: 60 min course. Guided practice looking at your Tango routeen
16.00: 60 min course. Guided practice looking at your QS routine.	16.00: 60 min course. Guided practice looking at your Waltz Foxtrot routeen	15.00: End of the course
21.00 - 22.15 Practice	21.00 - 22.15 Practice	