

Teak Haapaniemenkatu 6. 00530 Helsinki

	BEGINNERS		INTERMEDIATE
	ALL LEVELS		INTERMEDIATE/ADVANCED
			ADVANCED

Sebastián Achaval Roxana Suarez	Maria Inés Bogado Roberto Zuccarino	Sergiy Podbolotnyy Elena Sergienko	Emilio Cornejo *NO PARTNER NEEDED
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FRIDAY 21.2.

17:00-18:30	*Maria Inés & Roxana Followers: think about TWO. Improving the connection, consciousness of our body, preparing to encounter the other one. (ALL LEVELS)	*Sebastián & Roberto Technique for leaders: the fundamentals. The main concepts of tango explored at a high level.(INT/ADV)	Interesting steps for vals: musicality, balance, cadenas.(INT/ADV)	
18:45-20:15	The walk. Fundamentals. (ALL LEVELS)	Sequences in reduced space. How to take advantage of any space on the dance floor.(INT.)		CHACARERA:origins and meaning, exercises preparing your body for the dance, basic step and arms. (BEGINNERS)

SATURDAY 22.2.

12:00-13:30	Changes of direction. (ALL LEVELS)			CHACARERA: your body becomes a percussion instrument, musicality. (ALL LEVELS)
13:45-15:15	Basic enrosques.(INT.)	Giro seminar: keep your axis and speed up. Using spirals in combination with free leg work. Fluidity, movements and form. (INT/ADV)	Caminata: Simple ideas to make your dance interesting without complex steps.(INT.)	
16:00-17:30	Milonga: basic bits, complex movements.(INT.)	Embrace: Exercises and tools to create more possibilities on the dance floor. Posture and intention. (INT/ADV)	Barridas in circular movements: technique and combinations.(INT/ADV)	
17:45-19:15		Ganchos & boleos.(ADV.)	Complex combinations based on ochos: how to lead and follow them without losing balance and freedom.(INT/ADV)	ZAMBA: musicality, tools for improvisation, dialogue. (ALL LEVELS)

SUNDAY 23.2.

12:00-13:30	Giros: Intensity, space, form.(INT/ADV)	Vals seminar: musicality. How to use and play with different tempos and rhythms and interpret the music.(INT.)	Tango basics: why do we lose balance? Axis, posture, the free leg and tango walk. (ALL LEVELS) NO PARTNER NEEDED	
13:45-15:15	Flexibility in the embrace. (INT/ADV)	Milonga: The Ultimate Groove - enjoy milonga like never before! (INT/ADV)	How not to get lost between linear and circular movements: "simple" steps with changes of direction.(INT.)	
16:00-17:30	Combinations of sacadas for leaders and followers. (ADV.)	Quebradas & torsiones: the embrace as a living puzzle; create shapes and figures very typical of traditional tango.(INT.)		Choreographic elements for CHACARERA and ZAMBA.(ADV.)

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SATURDAY 22.2. & SUNDAY 23.2.

12:15-15:30	NADIA TAPIA & DANIEL VALENZUELA Beginners Intensive course.			
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