

OLLI Solo Blues Dance with Jennifer White

Week 1

January 29, 2020

Please remember to bring shoes that will allow you to slide, such as a leather or suede shoe.

This is what we covered:

- What is Blues Dancing?
- Hearing, Feeling and Seeing Blues Dance Aesthetics
 - Lag
 - Groundedness
 - Pulse
 - Assymetrical Shapes
 - Rhythm Play
 - Polycentric Movements
 - Coolness
- Practicing the Blues Aesthetics: Groundedness and Pulse
 - Posture (Relaxed yet athletic)
 - Step (Pushing off on the beat and landing after the beat)
- Moves
 - Jazz Square
 - Al Minns and Leon James – 2 jazz squares at 0:23-0:23
<https://www.youtube.com/watch?v=KJsBa2u9aMQ&t=69s>
 - James Brown
 - James Brown doing the move at 2:55, 3:14, 3:49 slides off stage
<https://www.youtube.com/watch?v=EZVIMjACF4>
 - C-Hips
- Learn Shake Your Money Maker Line Dance
 - Dan Repsch and Natalya Shake Your Money Maker
https://www.youtube.com/watch?v=H8OP_dUCgY