



Intermediate Couples Ballroom Dance Lessons

Offered Fall or Spring (Minimum number of couples required)
(Dates to be Announced)

**Up to 6 dances will be taught over 12 weeks Tuesday nights from
7:30-8:30pm (examples: Waltz, Rumba, Foxtrot, Cha Cha, Samba,
Mambo, Tango, Swing).**

Enrollees may indicate their preferences in email registrations to
Regina Noland, Lessons Coordinator, [***regina001@aol.com***](mailto:regina001@aol.com)

These 12 weekly lessons are designed for those who have completed
TBDC's Introductory Ballroom Dance Classes (or the equivalent) and
are comfortable with the basic steps. This intermediate course will be
taught by professional dance instructor, ***Victoria DaCosta***
(Let's Dance Studio, Northport).

Victoria will focus on adding additional patterns to dancers' repertoires
while offering tips on technique. Dancers **must** have partners for this
intermediate course. To facilitate executing the new dance patterns
with style, Victoria asks that dancers wear ballroom dance shoes or
leather-sole shoes. NO rubber-sole shoes and NO open-back shoes,
please!

*Cost of this entire course is \$60/dancer (\$120/couple), and for non-members
this fee includes complimentary membership in the*

Tuscaloosa Ballroom Dance Club through the end of the dance year.

Questions? Contact Regina Noland at: regina001@aol.com or 205-758-4567

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