



Fall 2019 Intermediate Couples Ballroom Dance Lessons

If at least ten couples register by email before August 31, 2019, TBDC will sponsor a series of Intermediate Couples Lessons on **Tuesdays**, Sept 3rd through Nov 19th, 7:30pm-8:30pm at the **McAbee Center** (3801 Loop Road; Tuscaloosa, 35404).

Up to 6 dances will be taught over 12 weeks. (examples: Waltz, Rumba, Foxtrot, Cha Cha, Samba, Mambo, Tango, Triple/Single 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 May 31, 2020.

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

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