



Country Two-Step Basics & Fundamentals

• General principles • Exercises for lead/follow, turns and more! • All the basic two step moves PLUS additional challenge moves

Beyond Basics

• Weaves, lariats and their variations explained in detail • Stop moves... and variations with how, when and where to execute them • Wrist slips... the illusion explained

Salsa

Basic to Intermediate

• General principles • Exercises for timing, shine moves and more! • All the basic salsa moves, intermediate salsa moves AND a challenge move!



Pricing:

1 DVD - \$35
2 DVDs - \$60
Each DVD after that - \$25
Recap DVDs priced separately

How to Order

Add \$5 per order shipped.

ORDER DIRECTIONS!

1. Circle the DVDs you'd like.
2. Indicate how many of each.
3. Fill out the form below!
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5. Make checks payable, and send, to:

Heart & Sole, LLC

11735 S. Brightway Drive Mokena, IL 60448

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West Coast Swing Basics & Fundamentals

• General principles of WCS (footwork, timing and connection) • Exercises for lead/follow, connection, and footwork • All the 6 and 8 count basic moves broken down into detail • The groundwork for syncopations and 'play'

Beyond Basics

• Fun and challenging variations on each of the 6 basic moves • Clear, concise explanations of each move for both leader and follower

Getting Creative

• WCS moves and variations that alter timing & positioning • How to start experimenting with the follower 'playing' to the music • Clear, concise explanations of each move for both leader and follower

Magical Moments

Create the 'Magical dance'... where everything comes together! Jason Miklic joins maren to teach the secrets for consistently creating that dance again and again!

Swiss Army Swing

Moves and movements with multiple, varied and ingenious uses, like a Swiss Army Knife! Join Maren & Douglas Rousar on this easy to follow, top-of-the-line DVD.

Super Sunday

recap DVDs now available!

Visual recaps of the Super Sunday workshops.

\$20 each or 3 for \$50.

Pick up new moves along with some tips & tricks.

LIMITED AVAILABILITY

A Day of Pizzazz

Maren Oslac and Jim Becker! Add some style and show to your WCS.

A Day of Light & Shade

Maren & Mike teach about contrast in dancing. Bonus material: Maren's Sat. Rebels' lesson and two exhibitions with Mike Topel!

A Day of Play

Maren & Jimmy Mulligan step it up with some great concepts working the role of 'play' in WCS.

For more about Heart & Sole, and their upcoming schedule:

www.HeartSoleDance.com, 630-564-0199

