



Ceroc (pronounced say-rock) is best described as looking like a blend of Latin and Rock & Roll but we actually dance it to all genres of music including Blues, Swing, Rock and especially top 40 hits. Because there's no complicated footwork, it makes it one of the easiest dances to learn. Ceroc is the most useful of all the dances and can be danced in crowded pubs, clubs and at parties. It's the dance with the 'wow' factor.

Casual Ceroc Class Timetable for 2010

There is a half hour practice time starting at 8.00pm and another starting at 9.30pm which all class participants on the night are able to join in free of charge.

Beginner Level - Mondays, 7.00pm for 1 hour

Everyone starts here - all Advanced dancers started here and all Teachers started here. It's for those of you who have never danced before and have 2 left feet and it's for those of you who have a little experience but not in Ceroc. We have chosen moves to teach in this level which are fairly easy and don't do damage if they're not done properly.

For safety reasons and also to ensure the continued enjoyment of everyone else in the class, you need to be assessed and approved by a Teacher each time you want to move up to a higher level.

Beginner Plus Level - Mondays, 6.00pm for 1 hour

When you've gained a little confidence dancing the Beginner moves your teacher will put you up to this level. The moves become more challenging and we introduce timing changes, "linked" moves instead of using returns and "trust" moves where the lady is taken off balance a little.

Intermediate Level - Mondays, 8.30pm for 1 hour

Your routines will include lots of double speed spins and you'll be taught the tamer drops & dips - ones where there is little or no risk of damage. For safety reasons you need to be assessed by a Teacher before moving up to this level.

Intermediate Plus Level - Mondays, 7.00pm for 1 hour

You will dance a mix of Intermediate and Advanced moves. There won't be any "close" moves taught in this class but there will be full drops, "fashion" moves and more partner interaction.

Advanced Level - Not currently scheduled

You will need to have an excellent standard of technique, a good standard of music interpretation, be keen to try anything and everything (except big aerials) and BE FIT & HEALTHY!