# 11th Aarhus Kizomba weekend
# PROGRAM

## *Friday, 20. march 2020*

| | *Room 1* | *Room 2* | *Room 3* | *Room 4* |
|---|---|---|---|---|
| *19.00-20.00* | | | ***Social dance*** | *Light meal* |
| 20.00-21.00 | **Jaydikson**<br>Kizomba Flow | **Vamula**<br>Theory&Practice * | ***Social dance*** | |
| 21.00-22.00 | **Nima & Emma**<br>Frame & Flow | | ***Social dance*** | |
| 22.00-01.00 | **Party** | | | |
| 01.00-03.00 | | | **Party** | |

**FRI 20.00 - Vamula introduction**
This class will be divided into theory and practice, we will try to prepare you for the next Vamula classes during all weekend. Shortly, "Vamula introduction" class is about kizomba / semba as a part of angolan culture, so we will try to share our experience with angolan way of dancing.

## *Saturday, 21. march 2020*

| | *Room 1* | *Room 2* | *Room 3* | *Room 4* |
|---|---|---|---|---|
| *10.00-11.00* | | | | *Breakfast* |
| 11.00-12.00 | **Nima & Emma**<br>Play with the tempo | **Anika & Nelo**<br>Basics | | |
| 12.15-13.15 | **Nima & Emma**<br>Step Variation | **Anika & Nelo**<br>Saida variations | | |
| 13.30-14.15 | | | | *Lunch break* |
| 14.15-15.15 | Vamula<br>**Kizomba technics** | **Anika & Nelo**<br>Connection training | | |
| 15.30-16.30 | Vamula<br>**Semba technics** | ***Social dance*** | | |
| 16.30-17.00 | | ***Social dance*** | | *Coffee & cake* |
| 17.00-18.00 | Jaydikson<br>Afrobeat | ***Social dance*** | | |
| 18.00-20.00 | | ***Social dance*** | | |
| 20.00-22.00 | | | *Dinner* | *Dinner* |
| 22.00-01.00 | **Party** | | | |
| 01.00-03.00 | | | **Party** | |

**SAT 14.15 Kizomba technique / SAT 15.30 Semba technique**
Kizomba / Semba technics - Saturday will be devoted to improving the technique, we will focus on the most useful movements in leading & following area for social dancing.

# *Sunday, 22. march 2020*

| | *Room 1* | *Room 2* | *Room 3* | *Room 4* |
|---|---|---|---|---|
| *10.15-11.15* | | | | *Breakfast* |
| 11.30-12.30 | **Nima & Emma**<br>Musicality | **Anika & Nelo**<br>Footwork, styling and dips | | |
| 12.45-13.45 | **Nima & Emma**<br>Less is more | **Vamula**<br>Kizomba/Semba Swagg & Ginga | | |
| 14.00-14.45 | | | | *lunchbreak* |
| 14.45-15.45 | **Anika & Nelo**<br>Tarraxinha | **Vamula**<br>Semba "com todos molhos" | | |
| 16.00-17.00 | | | ***Social dance*** | *Coffee & cake* |
| 17.00-19.00 | | | ***Social dance*** | |
| 19.00-20.00 | | | **Afterparty** | |
| 20.00-01.00 | | | **Afterparty** | |

**SUN 12.45 Kizomba/Semba Swagg & Ginga**
This class is devoted to working on your own body and elements that "make a difference". A lot of solo work, so that there would be a lot of "style" in pair.

**SUN 14.45 Semba "com todos molhos"**
One of our favorite activities. Semba at a slightly higher level. Lots of fun, lots of energy, some tricks and a lot of sauce. You'll see the rest and hear in class.

**Book you pass here: www.kizomba-aarhus.dk**

Version 2.00 - Anika & Nelo workshop descriptions added

We reserve the right to make change