

Lindy Focus

Swing Knights at UCF



What is Lindy Focus?

- Lindy Focus is a week-long dance workshop in Asheville, N.C. At Lindy Focus, we take lessons from the best instructors in the world.
- Lindy Hop is the primary dance of the event, but there are many classes offered for
 - Balboa
 - Blues
 - Collegiate and St. Louis Shag
 - Solo Jazz
 - Charleston
- There are also yoga and music theory classes for dancers, open practice times, training courses, lectures, and jam bands.

How Does it Work?

- Transportation and lodging
 - Club carpool
 - Dec. 26 - Jan. 1
 - We will stay at the Crowne Plaza Resort where the event is held for convenience and to prevent driving in potentially hazardous conditions.
- Classes
 - This year, the class structure allows students to pick their classes. Club officers will select 8 hours worth of classes that all members will be required to take.
- Procedures
 - Officers will help to arrange each member's schedule and we've detailed what is expected of each attending member.
 - We have a code of conduct for the club and there is a strict code of conduct enforced by the organizers of the event.

Educational Value

- Dance
 - The quality of instruction at this event is unparalleled on the East Coast.
 - An experience unavailable in our local dance community.
 - The knowledge and technical skill they bring back not only helps them grow as a dancer and general learner
 - They can continue to share what they've learned with those who weren't able to attend.
- Body awareness and care
 - Lindy Hop is a physical activity that demands dancers take proper care of their bodies. At the event, they have the opportunity to learn how to do this before and during dancing.

Educational Value

- American history, culture, and progress
 - Did you know the Savoy Ballroom was one of the first racially integrated clubs? At this ballroom in Harlem, dancers enjoyed live big band jazz from the King of Swing himself, Chick Webb.
 - Jazz is an integral part of American history and American music and unified the people that danced it.





Thank you

Questions?