

DOWN HOME BLUES FESTIVAL 2011



GENERAL INFORMATION

Your Buttons

If you've registered for the full package or dance package, you'll be getting a button to wear when you check in. **Please wear the button for the whole weekend.** It's your proof of payment to get in to the event.

Public Transportation

For info on public transit in SF check out:

<http://www.bart.gov>

<http://www.sfmuni.com>

<http://www.511.org>

<http://www.nextmuni.com>

<http://www.transitinfo.org>

511 (on any cell phone or other phone in the area): Traffic info, connections to public transit agencies.

Food

We'll only have light snacks at the late night dances, so you may want to check out some of the restaurant recommendations on the website, under Festival Info & San Francisco.

Cabs

Arrow Cab	415.648.3181
Big Dog City Cab	415.920.0715
Green Cab	415.626.4733
Black and White Checker	415.285.3800
DeSoto Cab	415.970.1370

Emergency Contacts

Lost? Confused? Hungry? Lonely? ...call one of these folks, they will take care of you	
Chelsea Lessard	805.423.9160
Damon Stone	510.388.7753
Heidi Fite	415.533.9465

VENUES

Classes & Evening Dances

City College of San Francisco (CCSF)

Ocean Avenue at Howth Street
San Francisco, CA 94112

Parking: On the CCSF Map of the campus, you'll see parking areas designated. The "C" lot behind the Wellness Center is closest, but you can also use "A" lot and walk over from there. There are also a few parking spots right next to the building and around the "circle" above the building (expect these to go quickly).

We recommend that you buy one of the \$2 day passes at the yellow boxes scattered throughout the parking lots. However, it is a weekend and school is not in session, so you could take your chances.

Please note: NO ALCOHOL ON PROPERTY of CCSF. This means you!

*Directions to both venues can be found on our website,
www.downhomebluesfestival.com.*

Late Night Dances

Twin Space (there is no sign, look for Fabric Outlet)

2111 Mission Street, Suite 300
San Francisco, CA 94110

Parking: easily available on the street, don't leave valuables in plain sight. Please note street signs for street cleaning times.

Late Night Dances Courtesy

Noise levels: Our late night venue has neighbors within the building and it is important that you DO NOT stand around inside the halls visiting and that you are quiet when you leave (no shouting or talking loudly). It is very important that the noise level is kept to a minimum while inside. Outside the venue is Mission Street and you can be as crazy as you want out there.

Entry to Twin Space

The entry to Twin Space has a buzzer. We'll have a volunteer at the door to let you in until 1:30am. If you arrive after 1:30am or if there is no one there, you should use the dial pad to buzz up to Twin Space and we'll buzz the door open to let you in.

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CLASSES OVERVIEW (see other sheet for descriptions)

		Saturday, July 16 th			Sunday, July 17 th		
		ROOM 1 Ballrooming	ROOM 2 Jookin'	ROOM 3 Solo	ROOM 1 Ballrooming	ROOM 2 Jookin'	ROOM 3 Solo
10:00 – 11:30 AM	Immersion Class	Swag	Illusions	–	Breaking the Rules	Open-Ended Dancing	–
11:40 – 12:55 PM	Core Class	Pivots	Sharp & Smooth Flavor	Solo Dancing for Shy People	Energy Changes	Layers of Flavor	Walkin' Blues
12:55 – 1:40 PM	BREAK	–	–	–	–	–	–
1:40 – 2:55 PM	Core Class	Triple-Step Blues	Fast Blues	Mo' Better Blues	Good, Bad... Promenade!	Critique	Like a Boy
3:05 – 4:20 PM	Core Class	Drag Blues	Dancing Between the Notes	Solo (Dancing from Head to Toe)	Ballrooming Office Hours	Jookin' Office Hours	Solo Office Hours
4:30 – 6:00 PM	Immersion Class	Fred & Ginger 3	Deejay Summit	–	Yin & Yang	–	–

Note: Immersion Classes

Immersion classes are taught in a “Master class” format, which is to say at a rapid pace, with as much or as little detail as the teacher believes is necessary, in the method of their choice. These classes are open to everyone... but you must have your own partner (though it does not have to be a regular partner, and small groups may form) and there will be no teacher led rotation. You are encouraged to ask questions and to work with each other to figure out the material, but the teachers will not slow down nor dumb down the material. These classes are offered in the slots they are so those who do not believe they are ready for this kind of intensity can sleep in and/or leave for dinner early. If you are attending for a fun laid back time, you may wish to seriously consider skipping some or all of these classes, as they are not aimed at the merely dedicated, but at the truly obsessed.

Videotaping the Classes

Down Home Blues has a strict policy against videotaping during classes. However, each instructor makes their own policy regarding demos or summaries at the end of classes. If you'd like a video summary or demo of the material in a class, we recommend asking the instructor before the class begins so they can make sure to leave enough time for the demo or summary at the end of class if they chose to do one.

DANCES

Friday, July 15 th	Saturday, July 16 th	Sunday, July 17 th
Main Dance (CCSF) Doors open 8:00pm; close: 12am /\$12 After dance (Twin Space) Doors open 12:00am; close: 4am /\$12	Main Dance (CCSF) Doors open 8:30pm; close: 12am /\$12 After dance (Twin Space) Doors open 12:00am; close: 4am /\$12	Main Dance (CCSF) Doors open 8:30pm; close: 12am /\$12 After dance (Twin Space) Doors open 12:00am; close: 4am /\$12



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SATURDAY	Room 1 - Ballrooming	Instructors	Room 2 - Jookin'	Instructors	Room 3 - Solo	Instructors
10:00 AM – 11:30 AM Immersion	Swag Swag – noun: The way in which you carry yourself. Swag is made up of your overall confidence, style, and demeanor. Swag can also be expanded to be the reputation of your overall swagger. You gain swag, or “Swag up”, by performing swag worthy actions that improve this perception. If you need, it this class will give it to you. If you have it, we’ll help you refine it. (Partner required)	Damon & Ria	Illusions Many historical dancers, such as Earl “Snakehips” Tucker, created incredible illusions when they danced: they could make it appear as though their legs were broken or made of rubber, or that their feet could glide on top of the floor. Watch some of these masters at work and learn how you can create these illusions as well. (No partner is required for this one; but it will move at a “Master’s level” pace)	Julie		
11:40 AM – 12:55 PM Core	Pivots Pivots are great for traveling, spinning around, and also creating inertia for other moves. In this class you get all three! Leads: learn how to bend the pivot to your will and use it to create new moves. Follows: learn how to ride the pivot like a wave and then have it launch you into new directions.	Tim & Julie	Sharp & Smooth Flavor In this class, we’ll contrast movements that can be done both sharply and smoothly in the context of Jook Joint style blues dancing. We’ll emphasize the “weight” and attitude of the movements while learning what muscles to engage to create the sharp and smooth effect desired.	Dexter & Michelle	Solo Dancing for Shy People Does the idea of dancing without someone to hold your hand make you want to hide? Great! This class is the non-scary way to get comfortable with moving alone, and (gasp) improvising on your own. Join your fellow solo dance-wallflowers, and learn how to use the phrasing of the music to guide your hand- or hips, or whatever.	Joe & Mike
12:55 PM – 1:40 PM	BREAK		BREAK		BREAK	
1:40 PM – 2:55 PM Core	Triple-Step Blues Yep. Some blues dances do have triple steps. This is not your basic swing step nor a cha-cha. Come learn how to rock and groove with triple-step blues to fast and slow music and really get a new perspective on how much can be done in blues.	Damon & Heidi	Fast Blues Not all Blues music is slow and sultry. Don’t miss out on all the fast stuff or just go into Lindy by default. In this class we will go over some Blues moves that work well at speed as well as some rhythm variations to make things even more interesting. It’s time to make your Blues sweat.	Tim & Julie	Mo' Better Blues So, you’ve been dancing blues for a while and have taken your fair share of classes. You know that the aesthetic of the dance is grounded, athletic, and has a pulse. But what else can you add to your blues to make it better? In this class we add more depth to your dancing and add more aesthetic by applying different centers of movement, adding polyrhythms, and then shaping it with asymmetry. Your blues just might come out mo’ better after this class.	Dexter & Michelle

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SATURDAY	Room 1 - Ballrooming	Instructors	Room 2 - Jookin'	Instructors	Room 3 - Solo	Instructors
3:05 PM – 4:20 PM Core	Drag Blues Learn some stylish moves in Drag Blues! We will be teaching a style of Drag Blues that uses elements from Apache, a dramatic Parisian street dance. In this class, we'll use some weight-sharing, off-axis moves, and leads that generate momentum in the follow's legs.	Tim & Julie	Dancing Between the Notes Dance is the space between moves. It's not the moves you lead; it's the moves you don't lead. In this class, we'll use tension, isolations, weight changes, and momentum to dance the whole phrase of the music.	Joe & Mike	Solo What is the difference between dancing and just doing steps? A great dancer can express different aspects of the music by utilizing complementary movements/rhythms in different parts of his/her body. This class will begin by focusing on movements and isolations from head to toe to get your entire body dancing to the music. Then we can explore how these can be combined to have a greater impact.	Ria
4:30 PM – 6:00 PM Immersion	Fred & Ginger Get the Blues 3 Dexter and Michelle's signature Ballroomin' Blues class comes back to Down Home Blues! This time we'll cover a variety of lifts that have the leads sweeping the follow off their feet and resulting in flashy spins. Turns and re-direct turns that lead into the sweep will be covered as well as some styling tips for the follows to add during the spins. If there is enough time, we'll add more ballroomin' lifts. This class requires you to bring your own partner as there is no rotation. Also, leads must be comfortable and able to lift their follows. (Partner required)	Dexter & Michelle	Deejay Summit			
8:30 PM - 12:00 AM	Main Dance (CCSF)					
12:00 - 4:00 AM	After Dance (Twin Space)					

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SUNDAY	Room 1 - Ballrooming	Instructors	Room 2 - Jookin'	Instructors	Room 3 - Solo	Instructors
10:00 AM – 11:30 AM Immersion	Breaking the Rules All dances possess a rule-set that defines the aesthetic and helps distinguish that dance or genre of dances from others. These rules in some dances are very rigid, others very elastic. In this class we will show you how dodge, duck, dip, dive and dodge! (I mean break) the rules without actually breaking out of the blues aesthetic. (Partner required)	Damon & Heidi	Open-Ended Dancing Learn the difference between open-ended and closed-ended dancing. Create a lot of space to creatively move your body without using your “pointer finger” to say “this is your time to stylize.” (Partner required)	Joe & Mike		
11:40 AM – 12:55 PM Core	Energy Changes There are so many changes that occur within our connection. This class will focus on the changes of energy and how to syncopate fast and slow movements. You’ll walk away with a good understanding of the signals that leaders can utilize to create these changes and how to appropriately respond to them.	Joe & Mike	Layers of Flavor We are going to be taking the most popular solo jookin’ movements pick them apart and build them back up again. Learn how to never do a move the same way twice. Then take those variations and and challenge your classmates to keep layering the variations and your will dance keep growing and changing.	Tim & Whitton	Walkin' Blues (Men's Solo Blues) What do you do when your partner is “spotlighting?” Do you find yourself unsure of what to do? Upon approaching your partner across the floor, do you find yourself simply walking to them? Did you ever think to dance your way toward them? In a cool fashion? This class is designed to provide men a variety of base “grooves” (movements) that they can use when “hanging back,” walking to, or breaking away from their partner. We’ll examine ways where we can use these “grooves” as a means to participate in the dance while being laid back and cool.	Dexter
12:55 PM – 1:40 PM	BREAK		BREAK		BREAK	



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SUNDAY	Room 1 - Ballrooming	Instructors	Room 2 - Jookin'	Instructors	Room 3 - Solo	Instructors
1:40 PM – 2:55 PM Core	The Good, The Bad, and ... The Promenade! Learn how to be a bad-ass promenader when it comes to Ballroomin' Blues! Promenade forward, backward, with skips, lifts, and other fancy footwork! After taking this class, people on the dance floor will want to make room for you and your partner (tumbleweeds might even roll by!) as you strut your new promenade skills! Heel spurs not necessary.	Dexter & Michelle	Critique This class is simple. You dance and we critique. It is an opportunity to get incredibly focused attention on you and your dancing, with feedback tailored specifically for you on what will help you improve the most and break into that next level.	Damon & Ria	Like A Boy (Women's Solo Movement) What makes a dance sexy? What makes a dance aggressive? How can a woman dance in an aggressive or masculine way while remaining true to the dance and herself? This class explores the character of your movement, in particular expanding female solo movement, so that you can add variety to your dancing. (Blues-based class, although there will be some variation to a broader range of music to get you out of your comfort zone.)	Heidi
3:05 PM – 4:20 PM Core	Ballrooming Office Hours		Jookin' Office Hours		Solo Office Hours	
4:30 PM – 6:00 PM Immersion	Yin & Yang Blues dancing, like the music, is a study of contradictions, a celebration of paradoxes. This class will show you how to hear and embrace the various contradictory elements in blues music and express them through your dancing. Key among these is masculine and feminine energy. Learn what movements and sounds carry different “flavors” how to enhance your own natural inclinations and learn to move against type. (Partner required)	Damon, Ria & Heidi				
8:30 PM - 12:00 AM	Main Dance (CCSF)					
12:00 AM - 4:00 AM	After Dance (Twin Space)					