



Cedar Valley Dance Club

March 2019 Ballroom Dances

Cedar Falls, IA March 9

Cedar Falls Rec Center
110 E 13th

Dance 8:00 - 10:00

\$7 members
\$10 non-members
\$5 students

Dance Lesson Included!
7:00-8:00

Instructor:
Daniel Wells

More info:
wheedance@mchsi.com

Cedar Rapids, IA March 16

Collins Aerospace
Northeast Corner of
Collins Rd & Rockwell Dr NE

Dance 8:30 - 10:00

\$7 members
\$10 non-members
\$5 students

Dance Lesson Included!
7:30 - 8:30
Beginners / Adv. Beg.

Instructor:
Daniel Wells

More info:
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Featured Dance of the Month Foxtrot

Foxtrot is a smooth progressive dance characterized by long, continuous flowing movements across the dance floor. The American style version of the Foxtrot takes many forms: The Bronze level Foxtrot, truest to the original Harry Fox version, is a simple combination of walks and chasses ideal for social dancing. Silver American Foxtrot adds continuity, taking on the quality of its International counterpart. And with the possibility of open, apart, and side by side movements, the Gold level Foxtrot resembles the signature styles of Fred Astaire and Gene Kelly.

March Instructor



Daniel Wells has taught ballroom in the area for the past decade. Before coming back to Iowa he lived in Ottawa, Canada. He worked as a professional dancer in ballet. He also taught for the Fred Astaire studio in Ottawa. While there he worked with notable names like Louis Van Amstel and Bruno Tonioli. Daniel's energetic and encouraging teaching style is always a hit at our dances, and we look forward to what he has to bring to us this month.

Contact Us: www.usadancecedarvalley.com
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