

# Argentine Tango Workshop with Andrea Monti & Gato Valdez

## Friday, March 18<sup>th</sup>

6:30 – 7:30 pm Chamuyo 7:30 – 9:30 pm Milonga  
At Higher Groundz, San Luis Obispo

There is so much more to Tango than just dancing! Kick off the evening with a *free* discussion group (chamuyo). Andrea & Gato will discuss the music, dance, and culture of Tango. Bring your questions and enjoy this informative chat.

Continue the evening with great food, drink, tango music, and most of all *dancing*. They will do a demo for your enjoyment. No cover for this social dancing event at the **Higher Groundz** Family Coffee House, 3230 Broad St., Suite 130, San Luis Obispo (Broad and Orcutt).

## Saturday, March 19<sup>th</sup>

12:00 – 1:15 pm Technique 1 (all levels)

The class will be broken into two parts -- Leaders with Gato and Followers with Andrea. For the ladies: excersises on posture, balance, changes of weight, waist rotation, walking, "ochos" and turns. For the men: body posture, body attitude, changes of weight, balnce, fundamentals for walking, changes of rythm, "abanicos", double time excersises.

1:30 – 3:00 pm Tango-Vals (Intermediate)

The Argentine Waltz: Rythm and musicality, smooth sacadas, specific turns and patterns. Sequencies.

3:30 – 5:00 pm Tango (Int.-Adv.)

Double turns with left and right leg, turns with barridas and ganchos.

7:00 – 8:00 pm Tango for Absolute Beginners

8:00 pm – Love 2 Dance, Social Dancing

Before the dance, kick off the evening with a one hour Argentine Tango lesson. Gato and Andrea will teach a special introduction to Argentine Tango covering the basics required to get around the floor.

Linda Drake hosts another great dance at the Oddfellow's Hall. Enjoy a variety of music – tango, ballroom, salsa, west coast swing, etc. Cost is \$10 for the class and dance.

## Sunday, March 20<sup>th</sup>

1:00 – 2:30 pm Tango (Beginner-Intermediate)

Salòn Tango: fundamentals, smooth walking, following, change of direction, pauses, musicality and coordination. Simple patterns.

3:00 – 4:30 pm Tango (Intermediate)

Simple turns with "entradas," turns with soft "sacadas" and double time exit. Voleos. Combinations.

6:00 – 7:15 pm Technique 2 (Intermediate-Advanced)

The class will be broken into two parts -- Leaders with Gato and Followers with Andrea. (It is advisable that the students take the first class to participate in this one.) For the ladies: review first class, simple voleos (low & high), embellishments for walking and for "ochos." Turns with voleos, excersise for good ganchos. For the men: review first class, body rotation, turns, "enrosques" and "planeos" for turns, leading technique for turns and voleos.

7:30 – 9:00 pm Tango (Advanced)

Turns and counter turns, low and high sacadas. Turns to the left. Combinations and sequences.

### San Luis Obispo Oddfellow's Hall

520 Dana St., San Luis Obispo. From 101, Exit Marsh St., Left on Nipomo. Dana Street is the first left after Higuera.

**Cost:** One technique class \$25 or both for \$40 per person. The other classes are \$30 each, three for \$80, or all five for \$120. One hour **private classes** are also available for \$80 per couple, contact Rich to schedule.

Andrea & Gato's web site: [www.GatoTango.com](http://www.GatoTango.com)

For more info: see [www.sloTango.org](http://www.sloTango.org)

call Rich, (805) 783-0569

