

# **FEBRUARY - DANCE CLASSES**

**Theme:** The earth brought forth grass, plants each yielding its own kind of seed, and trees each producing its own kind of seed-bearing fruit; and G-d saw that it was good. (Genesis 1:12 CJB)

<u>LEVEL</u>	<u>WHEN</u>	<u>WHERE</u>	<u>WHO</u>	<u>WHAT</u>
Advanced	2/4/12 - 2:45 pm	Dance Room, "Hey" (downstairs)	Des O	Who Has Believed
Timbrel	2/11/12 - 2:45 pm	Dance Room, "Hey" (downstairs)	Sheri M	One Pair of Hands
Beginning	2/18/12 - 2:45 pm	Dance Room, "Hey" (downstairs)	Carol O	Shemka (His Name)
Beginning	2/25/12 - 2:45 pm	Dance Room, "Hey" (downstairs)	Lee F	G-d Loves and Forgives

Strengthening Emphasis: Waist Twists

## Dance Levels

**Simple Steps:** This class is open to any person that wants to start to learn the basic dance steps. If you come to the class with "two left feet", you may leave with the ability to identify a left and a right foot. ☺

**Beginner:** Often a dance that can be picked up in a few minutes or with some brief teaching and may or may not require some outside of class time practice.

**Intermediate:** Usually requires teaching and some practice outside of class.

**Advanced:** Usually requires teaching, a wide knowledge of different dance sequences, practice outside of class and further reviews.

**Timbrel:** This class is open to anyone who wants to learn easy tambourine patterns to be used in worship or presentation.

**Flag:** This class is open to anyone who wants to learn how to incorporate worship flags into easy dances.

**Service:** These are dances typically done in a worship service at Rehoboth. They can be at all levels.

*Please see Carol Olsen if you have any questions or you may e-mail her at [dancer@rehoboth-messianic.org](mailto:dancer@rehoboth-messianic.org)*

*"Let them praise His name with dancing..." Psalm 149:3*