



## ADULT DANCE STREET DANCE

**Monday 3<sup>rd</sup> November – 8<sup>th</sup> December at Rosehill Theatre 8.00 pm – 9.00 pm**  
**Thursday 6<sup>th</sup> November – 11<sup>th</sup> December at Cockermouth Leisure Centre 8.00 pm – 9.00 pm**

Energetic workshops that focus on learning and creating urban, funky dance using the latest street dance sounds. A great opportunity to push the boundaries, extend your skills and have fun. So come along and strut your stuff!

## JAZZ

**Monday 5<sup>th</sup> January – 9<sup>th</sup> February at Rosehill Theatre 8.00 pm – 9.00 pm**  
**Thursday 8<sup>th</sup> January – 12<sup>th</sup> February at Cockermouth Leisure Centre 8.00 pm – 9.00 pm**

Dance that draws inspiration from Broadway and the West End. Learn and create dance using songs from your favourite musicals.

## CONTEMPORARY

**Monday 23<sup>rd</sup> February – 30<sup>th</sup> March at Rosehill Theatre 8.00 pm – 9.00 pm**  
**Thursday 26<sup>th</sup> February – 2<sup>nd</sup> April at Cockermouth Leisure Centre 8.00pm – 9.00 pm**

An introduction to the principles of contemporary dance. You will develop skills such as alignment and articulation of the body as well as exploring expressive movement and choreography.

## ROCK 'N' ROLL

**Monday 20<sup>th</sup> April – 25<sup>th</sup> May at Rosehill Theatre 8.00 pm – 9.00 pm**  
**Thursday 23<sup>rd</sup> April – 28<sup>th</sup> May at Cockermouth Leisure Centre 8.00 pm – 9.00 pm**

In these lively and energetic sessions you will learn new steps and routines and get a chance to work with a partner. Sessions will use popular Rock 'n' Roll music, so whether it's a trip down memory lane or just to have fun, come along and get those toes tapping.

## SALSA

**Monday 8<sup>th</sup> June – 13<sup>th</sup> July at Rosehill Theatre 8.00 pm – 9.00 pm**  
**Thursday 11<sup>th</sup> June – 16<sup>th</sup> July at Cockermouth Leisure Centre 8.00 pm – 9.00 pm**

Come along and learn basic Salsa dance. You will get a chance to work with a partner and learn new steps and lively routines to Latino sounds. A great way to have fun and get you in the party mood for summer!

**For more information please contact Emma Rowbotham (Community Dance Worker, Allerdale and Copeland) on 07792 330250. Places are limited.**

**£18 for each 6 week course payable in advance. Please make cheques payable to Cumbria County Council.**

