

# B★Boy / B★Girl Fundamentals & House Dance Fundamentals workshops with mikey mestas



Saturday, September 17<sup>th</sup> from 2:30-4:30pm

at Grace Studios

1 Class - \$15, Both Classes - \$25

All Ages and Levels Welcome

**B-Boy/B-Girl Fundamentals** -This class delves into the foundational movements of Top Rock, Go-Downs, Footwork, Back-Rocks, Freezes, Power Moves, and Rhythmic Stylistics. Students will be encouraged to find their own individual flow between these Breaking genres to help instill confidence, style, and a better understanding of Breaking foundation. 2:30-3:30pm

**House Dance Fundamentals** -This class explores foundational rhythms, transitions, and movement phrasing of House Dance. Students will have fun learning combinations that are energetic and full-bodied. Come get your groove on to some soulful House music. 3:30-4:30pm

*Grace*  
*Studios*  
School of Dance

3101 Industrial Ln. Broomfield, CO 80020 ~ [www.GraceStudios.com](http://www.GraceStudios.com)