

Register early ----- Limited space

Due to the nature of the workshop  
Walk-ins not accepted

Register on line: [PatriciaGaydos.com](http://PatriciaGaydos.com)  
*credit cards and paypal*

## Discover the Magic

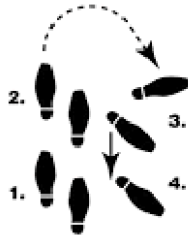
Line dancing is not just about learning choreographed steps, its about the magic. The overwhelming feeling of well-being that will possess you. I promise you, if you learn the steps and find the beat, you will experience the magic. When you begin to feel the music, the magic will follow.

I assure you line dancing is a pleasant, healthy, and socially rewarding activity. It has changed my life and can change yours too with a little practice and perseverance.

Line dancing includes lots of physical, mental, and social benefits. So grab those dancing shoes and find yourself a line.

You won't regret it.

*Pat Grillo*



## Steps & Beats

**Register Early!**

on line or mail

Class limited to 10 students

### Contact info.

<http://www.patgrillo.blogspot.com>

[facebook.com/stepsnbeats](https://www.facebook.com/stepsnbeats)

Email: [patgrillo1@gmail.com](mailto:patgrillo1@gmail.com)

<http://www.PatriciaGaydos.com>

Phone: 386-649-8566

## Steps & Beats

*Line dancing workshop  
for the new dancer*

Step by Step



Instructor: Pat Grillo  
Steps & Beats Dance Troupe

## Line Dancing Benefits

### Physical Health

1. Burn calories
2. Lower cholesterol
3. Control balance
4. Improve coordination
5. Build muscles
6. Overall posture

### Mental Health

1. Enhance intelligence
2. Improve memory
3. Control depression and moods
4. Increase concentration span
5. Combat dementia

### Social Benefits

1. A means of artistic self-expression
2. Encourage bonding (common interest)
3. Outlet for dancing without a partner
4. It's fun and rewarding!

### Increase the quality of your life

Improve your physical and mental health while having fun.

## Steps & Beats Workshop

The class is designed for the absolutely new dancer. Learn the basic steps and how to sync the steps to the music. Each week new steps will be introduced and practiced. The mission is to build skill, self-expression and confidence on the dance floor.

### Workshop topics:

1. Dance floor etiquette
2. Basic dance structure (count steps & walls)
3. How to sync dance steps to music beats
4. Progressively learn the basic steps
5. Learn to count steps
6. Learn to read a step sheet

### Mark your calendar!

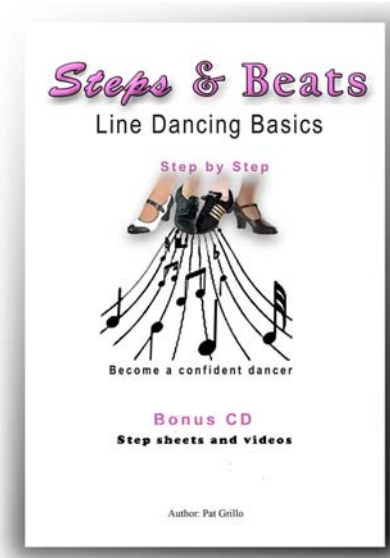
MARCH 2018							APRIL 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
										4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
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25	26	27	28	29	30	31	29	30					

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**Where:** Larimer Art Center  
**Address:** 216 Reid Street, 32177  
**Date:** March 28 thru May 18th  
**Time:** 10:30 a.m. to 12 Noon  
**Cost:** \$35 (includes workbook & CD)

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## Book & Workshop



The **Steps & Beats** work book was written with the absolute beginner in mind. The instructions and dance lessons presented in the book are taught in the *Absolute Beginner class*. The topics include, health information, dancing tips, how to read a step sheet, step terminology, and a how-to glossary of steps.

The CD included with the book contains step sheets to the dances taught in the class, videos demonstrating the steps, and a digital copy of the "Steps & Beats" book.

## Registration Form

### Steps & Beats 4 session workshop & book

Larimer Arts Center, 216 Reid St. Palatka, FL 32177  
Wed., March 28 thru April 18th 10:30 a.m. to 12 noon

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State Zip: \_\_\_\_\_  
Email address: \_\_\_\_\_

Send \$35.00 check to:  
Pat Grillo  
203 Saratoga Drive  
Satsuma, FL 32189

Receipt verification:  Postman  E-mail