

Step dancing with Sticky Mulligan:

"In this class we will explore the power of rhythm and it's ability to make you a stronger, more well rounded person. We will learn about rhythm and sound as one of the first languages that human beings communicated with. In this course some ancient techniques will be applied such as call and response excercises, and we will also incorporate some modern hip-hop elements into our daily practice. Kids all over the world are learning through the paramaters of hip-hop.

We will learn some basic step- dancing rhythms and build upon them as the weeks go bye. Our goal is to have fun with rhythm and gain confidence by freely expressing ourselves through movement and song. Let's step into the rhythm!"

Classes are on Tuesdays 3-4pm at the Blue Sage Center they are \$8 each