

DANCE TEACHERS' CLUB OF BOSTON

October Meeting ~ Ballroom Program



Online American Rhythm Dance Workshop With George Cometa Sunday, October 25, 2020 9:00 AM – 1:00 PM

Introduction: Each class will have a specific focus optimized towards the online learning and teaching experience. Participants in this workshop will be able to run their own classes successfully in any environment, whether it is online, in-studio, or a combination of both during their lessons.

To Register Email: Paul Hughes at dance@ballroom-basics.com for ZOOM Link. Dance workshop is complimentary.

Class login/sign-in via Zoom starting at 8:45 AM.

1. American Cha Cha (Group Formation), 9:00 AM to 9:50 AM:

Join us for an upbeat, energetic and fun Cha Cha group workshop filled with new and familiar steps to enhance your dancing. This is a group formation dance geared towards the online teaching experience where anyone of all ages and proficiencies can participate. We'll focus on proper footwork, transitions between figures, and presentation.

2. Rumba (Cuban Hip Action), 10:00 AM to 10:50 AM:

In American Rumba, we'll focus on the importance of fluid Cuban hip action as it relates to the core and compact footwork. Emphasis will be built on the importance of the "up-beat" or "and" to make your Rumba stronger and more dynamic. We'll also focus on good arm styling and how it relates to body action. This workshop will be strongly technique-driven.

3. East-Coast Swing (enhance social/competitive dancing), 11:00 AM to 11:50 AM:

American East Coast Swing is widely popular and can be danced to a variety of music ranging from jazz and rock 'n roll to country and pop music. We'll focus on the basics of the single-time and triple-step swing and learn a combination of steps to develop proper footwork technique, maintaining stamina, and proper demonstration of visual leads.

10-minute water break

4. Q&A session, tips for successful online teaching, Awards presentation, 12:00 PM to 12:45 PM:

This will be an open forum group discussion answering questions on any of the topics presented in the previous lectures. I'll also give some tips on successful online teaching to maximize student retention.

At the conclusion of the forum, we'll be doing an awards ceremony, where students will be awarded certificates based on participation and effort. In addition, prizes will be handed out in the form of FREE online lessons.

George Cometa

George started his dancing career as a member of the University of Connecticut (UConn) Ballroom Team in 2007. Since then, his passion and perseverance in ballroom dance has allowed him to advance through the ranks in the collegiate and national ballroom competitions.

Some titles include:

American Smooth and Rhythm 9-Dance National Champion
American Smooth World Champion Finalist
American Smooth Rising Star National Champion
American Rhythm National Vice Champions
US National Amateur Finalist
6-time Manhattan Amateur Classic Championship Finalist
4-time American Smooth Championship National Finalist
Back Bay Competition & Conference American Smooth Champion
3-time Harvard Invitational Champion
2-time New York Dance Festival Championship Finalist



While competing on the national stage, he devotes his time to teaching and mentoring students of all ages. He has taught the UConn and Northeastern University Ballroom Dance Teams and was a guest instructor and judge for the Northeastern Ballroom Dancing with the Professors. In addition, has led dance workshops for the Dance Teachers' Club of Boston and is a faculty member for the NoXBounderies Summer Camp by the Gold School Dance Art in Brockton, MA. He has also adjudicated multiple ballroom competitions in the country. He currently teaches at Todos Dance and Fitness in Natick, MA as a resident instructor.

His teaching style make his students feel comfortable so that they improve in a fun and challenging way. George believes in growing the dance community through positive and collaborative mentorship. His students are not only learning how to dance, but also acquiring comprehensive problem solving and communication skills that translates to their everyday lives.

George received his B.S. in Molecular Cell Biology from UConn and works as a Senior Scientist and Project Manager at Waters Corporation in Milford, MA. When he is not working, he enjoys traveling, running and hiking.

Follow George on IG: [@georgec_dance](https://www.instagram.com/georgec_dance)