

SPINNING COURSE

by SHARON PAKIR

spincity
dance

Come along and enjoy our famous spinning course - perfect for all dancers!

This course will break down fundamentals of spinning at every level, from solo to partner spins, spotting, travelling turns, multiple and single spins, posture and exercises to improve your leg strength. It is an internationally renowned workshop that always books out!

Perfect for salsa dancers of all levels – Sharon will break down every technique you need to know about spinning from foot positions, body weight, positioning of your limbs.

Every week you will walk out with a new set of drills to practice as well as be able to identify your spinning needs in dancing both solo and with a partner. What are you waiting for, register now!!

8 week course
Thursdays 8-9pm
Commencing 4th May
Book now!!

Sharon Pakir
Australian Salsa Champion 2005,
Asian Salsa Champion 2007

Melbourne's renown international performer, teacher and choreographer, Sharon is invited all over the world and Australia to teach and share her dance techniques.

Come and learn from her the very Spinning course that she is renown for and has taught in Singapore, Korea, Los Angeles, Malaysia, and all over Australia!

"Sharon is able to break down the mechanism of doing a great spin and the hidden techniques that not many other instructors had the insight into to pass onto the students. Absolutely a must have to master the trick of spinning effortlessly. Well worth the hours of drill and practice! - Silynda