

FRIDAY

Main Ballroom

Second Ballroom

17:00-18:00

Audition

18:15-19:15

Open Level (Inga & Adjavon)

Mental Strategies for
Competition (Henry)

19:30-20:30

Allstar-technique for beginners
(Chuck & Lauren)

Mindful Movement
(Inga & Browly)

20:45-21:45

Dancer Habits (Daniel)

Integrating Solo Dance into
Partner Dance (Victor & Evelina)

21:45-23:45

Social Dancing

23:45-00:00

Teachers Demo

00:00-05:15

Social Dancing

Registration open 15:00-22:00



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LEVEL
SWING**

SATURDAY

	Main Ballroom	Second Ballroom
09:00-09:30	Soft Awakening (Tina)	
09:45-10:45	Prehab (Jannis)	
11:00-12:00	Dancer Habits (Daniel)	Musicality (Chuck & Lotte)
12:15-13:15	Integrating Solo Dance into Partner Dance (Victor & Evelina)	Mindful Movement (Inga & Adjavon)
13:30-14:30	Coaching/ Warm up to Comp.	Open Level (Victor & Evelina)
14:30-15:18:00	Competition	Socialdance/Free practise To Playlist
18:00-20:00	BREAK	
20:00-21:45	Competition	
21:45-23:00	Social Dancing	
23:00-23:30	Awards	
23:30-00:15	Pro Jack & Jill	
00:15-05:15	Social Dancing	

Registration open 09:30-13:00

SUNDAY

Main Ballroom

Second Ballroom

10:30-11:00

Soft Awakening (Tina)

11:15-12:15

Rehab (Jannis)

Integrating Solo Dance into
Partner Dance (Victor & Evelina)

12:30-13:30

Mindful Movement
(Inga & Adjavon)

Musicality (Chuck & Lauren)

13:45-14:45

Building Habits for Success
(Henry)

15:00-16:00

Mindful Movement
(Inga & Adjavon)

Finding Your Unique Style
(Daniel & Lauren)

16:15-17:15

Integrating Solo Dance into
Partner Dance (Victor & Evelina)

Finding Your Unique Style
(Daniel & Lauren)

17:30-18:30

BREAK

Level Up: Getting to the Next
Level (Chuck & Lotte)

18:30-21:00

Social Dance/Free practise to
playlist

21:00-03:00

Social Dancing



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Workshop levels

Open level

Open for everyone! This level of class/workshop is for all dancers of any level to attend.

Social – Level 1

You have been taking regular classes for 1-2 years. Maybe this is your first event, or you are not comfortable going to an event outside of your local community. You feel the need to work more on the basics to be more comfortable on the social dancefloor, and you are also eager to learn simple tools to dance more musically while maintaining flow.

You may not have competed yet, but curious about it.

Social – Level 2

You have over 3 years of regular classes and extensive experience learning with both national and international teachers. You can dance effortlessly with a partner of any level. Technique and pattern variations pose no challenge for you, and you confidently master any musical style and tempo. You want to enhance your musicality by improving your interpretation of the music - not just following the beats but also using the accents and nuance.

WSDC – Novice/Intermediate

This level is for competitors in Novice and Intermediate division.

Mandatory at least 1 point in Novice

WSDC – Advanced/Allstar

This level is for competitors in Advanced and Allstar division.

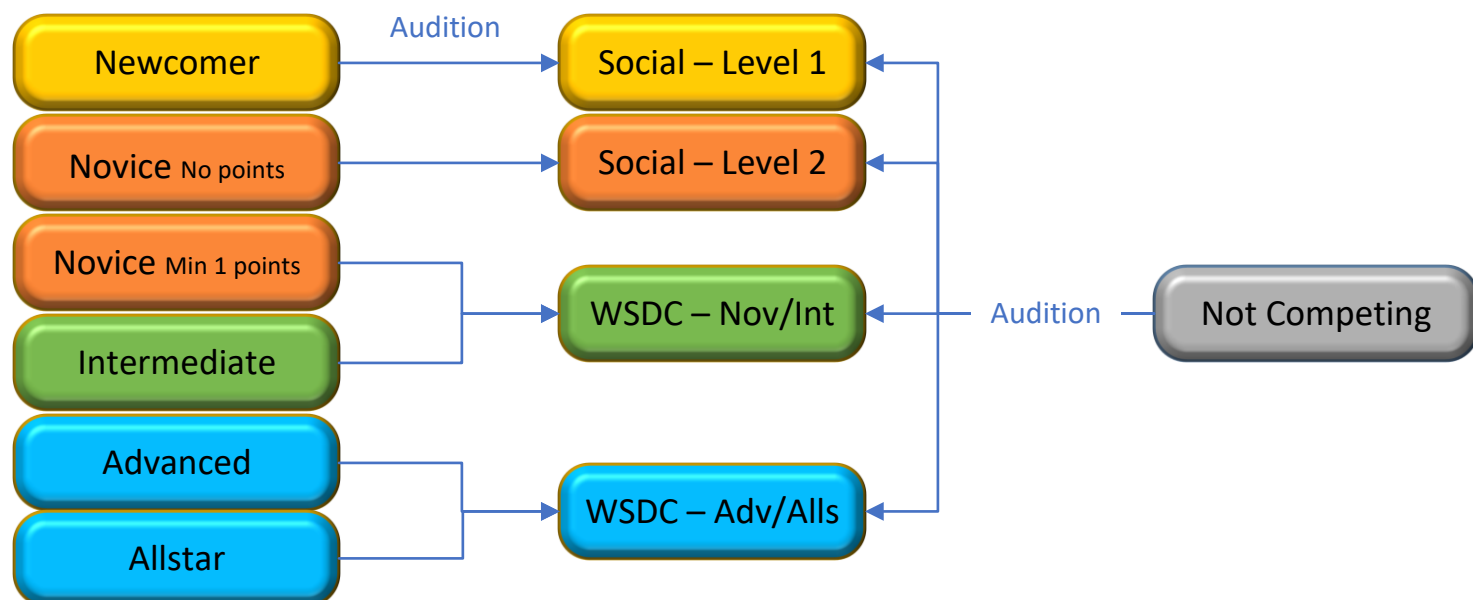
Changed level divisions – for a better workshop experience

To create the best possible experience for all participants, we have adjusted the way workshop levels are structured. Our primary goal is to achieve a more balanced distribution across groups, fostering better dynamics, increased opportunities for individual growth and a more enjoyable experience for everyone.

Additionally, we have refined the content of each workshop to ensure it aligns even more closely with participants' needs and prior knowledge. Our aim is for every participant to feel confident in their placement, receive the right level of challenge and inspiration, and thrive - no matter their skill level.

We believe these changes will make our workshops more engaging and rewarding for all!

If you feel that your assigned level may not be the best fit, we offer the opportunity to [Audition](#) - giving you a chance to showcase your skills and join the group that best supports your development.



Theme and Instructors



Mindful movement – Inga Kurcisa & Adjavon Browly

During the event, we will have an introduction to Mindful Movement DialoG which is a process and a concept we created and that we continue to research. It is a practice that enables you to navigate, communicate and exchange silently in movement with another person. Mindful Movement DialoG is beyond lead and follow.

During the different workshops, we will have the opportunity to experience tools to enhance your technique of partner dance including West coast swing. Through exercises we will explore ways to broaden your horizon of lead and follow using also music as a source of inspiration to activate your expression.

Allstar-technique for beginners: Building a Strong WCS Foundation (Social Level 1) – Chuck Brown & Lauren Jones

Start your West Coast Swing journey with the tips and techniques top dancers wish they knew from day one. This beginner-friendly class breaks down essential connection, timing, and body awareness using the same core skills All-Stars rely on — simplified for you. Build confidence, dance smarter, and set yourself up for long-term success!

Musicality (Social Level 2, WSDC Nov/Int) – Chuck Brown & Lauren Jones/Lotte Meier

Discover how to make the music your dance partner! In this class, we'll explore the structure of popular WCS music, break down timing fundamentals, and learn how to identify and dance to different musical layers. You'll gain tools to interpret music more creatively, through quality of movement, and make musical choices that enhance your connection and expression on the floor. Perfect for dancers ready to level up their musical connection!

Functional Fitness for West Coast Swing (WSDC Adv/Alls) – Chuck Brown

This advanced class is designed for dancers ready to break through plateaus and step into artistry. We'll explore movement quality, musical interpretation, and emotional storytelling to help you go beyond patterns and technique. Discover what it means to dance with the music, not just to it — and take your WCS to the next level.

Dancer Habits (Social Level 1 & 2) – Daniel Pavlov

This workshop will suggest some ways to help improve your west coast swing outside of the studio by implementing small and hopefully fun habits into your daily life.

Finding your unique style (WSDC Nov/Int & Adv/Alls) – Daniel Pavlov & Lauren Jones

The "build a dancer" workshop will explore ways to make your wcs style unique, as opposed to a copy of someone else.

Integrating Solo Dance into Partner Dance – Victor & Evelina

You don't just want to "walk" west coast swing, you want to dance West Coast Swing. Victor and Evelina will talk about how to make your body move more than they already do. From feeling locked and saying "I don't know that many stylings" to hopefully "I didn't know I could do all of this"?

Always remember: Leave no part of your body undanced, and always dance like you mean it.

Theme and Instructors

Choreographing Your Mind: Mental Strategies for Competitions – Henri Karvinen

This seminar dives into the mental strategies and techniques that help dancers excel under competitive pressure and everyday life. Learn how to handle performance anxiety and cultivate a good mindset through psychological tools redesigned specifically for competitive WCS dancers. This session will cover methods for mental preparation, focus-building techniques, and tips for maintaining emotional balance.

Choreographing Your Mind: Building Habits for Success – Henri Karvinen

Discover the science and psychology behind building lasting habits and staying consistent. This seminar explores practical techniques for developing routines that stick, overcoming common obstacles, and understanding the impact of small, daily actions. Join us to learn how to align your habits with your goals and how to use these skills not only in dancing, but also in everyday life.

Prehab/rehab – Jannis Makropulus

Workshops focused on deepening our understanding of how our bodies function and how we can take care of and/or prevent injuries and issues - so we can enjoy dancing as long and as freely as possible.

You'll also find him at the "Rehab Corner," happy to chat, answer questions, and offer individual tips during the event.

Soft Awakening – Tina Kronberg

Give your body a little love. In this session, we'll awaken the body with gentle stretching, self-love, and presence. No pressure – just care. Come as you are, exhale, and refill with fresh energy.



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