

Mini Rueda Congress Sep. 3rd - 6th
2009 in Stavanger

la colmena Pequeña
(Bikubå small room)

la colmena Grande
(Bikubå big room)

sala Escuela
(Kvaleberg school)

Thursday September 3rd

21.00-21.30 30 min Party warm-up: "Go Cuban" at Holmen bar Geldys Morales

Friday September 4th

18.15-19.15	60 min	Rueda B Weekend starter Torbjørn & Bente	Rueda C Weekend starter Alain Morales	Rueda D+E Weekend starter Roynet Peréz
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19.30-20.30	60 min	Timba How to move to timba Roynet Peréz	Rueda B+C New moves Alain Morales	Rueda D+E New moves Rafael Baro
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20.30-21.30 60 min Thai Buffet, Bikubå Kafé

21.30-22.15 45 min Party warm-up: Reggaeton at Bikubå Roynet Peréz

Saturday September 5th

11.00-12.00	60 min	Rueda E Complicated moves Erodys Castillo	Rueda C+D New moves Rafael Baro	Rueda B New moves Ricardo Martinez
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12.15-13.15	60 min	Cuban body movement Learn to move like a cuban Geldys Morales	Rueda D+E Rueda styling – timing and flow Roynet Peréz	Rueda B+C Rueda styling – timing and flow Erodys Castillo
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13.30-14.30	60 min	Son Basic steps and couple dance Alain & Geldys Morales	Rueda D+E Rueda contratiempo(Son) */I Bernt Rygg	Rueda B+C New moves Roynet Peréz
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14.30-15.15 45 min Lunch, Bikubå Kafé

15.15-16.15	60 min	Rueda B+C Rueda with improvisation Rafael Baro	Rueda C+D+E Rueda contratiempo(Son) */B Alain Morales	Rueda C+D+E Festival de Rueda - dance practice Erodys Castillo
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16.30-17.30	60 min	Mambo One of the Cuban popular dances Alain & Geldys Morales	Rueda B+C Festival de Rueda – dance practice Torbjørn & Bente	
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17.30-20.00 2½ hr Break

20.00-21.30 1½ hr Congress dinner, Pushkin Restaurant & Bar

21.30-22.15 45 min Party warm-up: Rueda de casino (open level) at Folkets Hus Erodys Castillo

Sunday September 6th

11.30-12.30	60 min	Rueda C+D Cruzado /B Ricardo Martinez	Rueda B+C New moves Roynet Peréz	Rueda E Cruzado /I Bernt Rygg
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12.45-13.45	60 min	Rumba Traditional Cuban dance Rafael Baro	Rueda B+C Street rueda Erodys Castillo	Rueda D+E 1 man - 2 women **/B Bernt Rygg
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14.00-15.00	60 min	Casino con Rumba Use rumba moves in salsa Rafael Baro & Marianne Trædal	Rueda B+C Festival de Rueda - dance practice George Kalandra	Rueda C+D+E New moves Erodys Castillo
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15.00-15.45 45 min Lunch, Bikubå Kafé

15.45-17.00 75 min Break (use the break to get downtown to Rosenkildehuset for the Salsa Matiné)

17.00-17.45 45 min Party warm-up: Rueda de casino (open level) at Rosenkildehuset Rafael Baro

White cells are **rueda de casino** classes. Light blue cells are non-rueda classes, with no specific level requirement.

Important!

Please **respect** the **rueda levels**. Do not enter classes with higher level than your own skills.

- B: Improver**
- C: Intermediate**
- D: Advanced**
- E: Master**

(Beginners classes are not offered at the Congress)

We recommend bringing water to the classes. And to drink often.



Notes:

- * Everyone must be able to dance Son
- ** Everyone arrives (/leaves) this class in groups of 1 man and 2 women
- /B for Beginners in this theme
- /I for Intermediate dancers in this theme

Assistant rueda instructors:

- Geldys Morales
- Reidun Svabø
- Merete Thorsen
- Marianne Trædal



Attention! You may **not** record video during the classes at the Mini Rueda Congress. If the instructor permits, a demonstration of the moves may be recorded at the end of the class.