

West Coast Swing Workshops with Sebastian Quiñones and Lecie Langille



Saturday February 19th

Three great workshops: (\$15 for 1, \$25 for 2, \$30 for all three)

12pm-1pm

Partnering: How to be a better listener and tune in to your partner

1:15pm-2:15pm

Dynamics: Making simple movements look spectacular

2:30pm-3:30pm

Shapes: Using your body to create a better dance

**Social dance 7:30-10:30pm: FREE with donation to the
American Cancer Society**

Masks and Proof of Vaccination required for workshops and social dance

Workshops and social dance both at:

CSP Dance Studio

1624 Eubank Blvd. NE

Albuquerque NM 87112

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Sebastian Quinones began ballroom dancing 15 years ago where he trained extensively in American Rhythm and American Smooth for 8 years. He found the country and west coast swing world in 2014 where he is a two-time Pro/Pro Open 1 World Champion and two-time Line Dance Rising Star World Champion. Sebastian is now a Masters Qualified couples dancer and Superstars level line dancer on the country dance circuit as well as being an All-Stars level competitor in the WSDC. Currently living in Orlando, Florida, he teaches and competes at swing & country events around the US.

Lecie Langille has been dancing and teaching West Coast Swing for 5 years and runs the local O-Town Swing community that hosts classes on Tuesdays and Thursdays in Orlando, Florida. She has a bachelor's in Dance Education from New Mexico State University, danced and taught both International and American styles for 15 years, and competed professionally on the ballroom circuit, placing at The Ohio Star Ball. Having grown up in New Mexico, Lecie has strong ties to the Albuquerque community and is a frequent attendee of local dances.



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Private lessons available
Contact southwestiesabq@gmail.com