2026 TEACHER WORKSHOP PLAYLIST

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PASSPORT TO HISTORY TEACHER WORKSHOP

JUNE 22-24, 2026

MONDAY - Classical Modern Technique with Caitlyn Richter and Jake Lewis

JOSÉ LIMÓN CENTER

1. Arm Patterns - *"Floor exercise #1"* by Michael Roberts
2. Plies - *"Gossip"* by Andy Monroe
3. Tendus - *"Re' "* by Divan Gattamorta
4. Overcurves and Back Falls - *"3 147"* by Michael Wall
5. Side Pulls - *"Arrival"* by Peter Jones
6. Drop Swings - *"Zabumbazul"* by Divan Gattamorta

LESTER HORTON ACROSS THE FLOOR

7. Figure 8 Isolation Study - *"Lambada | Afro House"* by Afro Beats
8. Leg Swings - *"Jerusalema (Edit)"* by Master KG, Nomecebo Zikode
9. Lateral Drags, Chaine Turns, and Twist Sit to Floor - *"Oza"* by Preto SHow, Queen Marth
10. Single Foot Arch Springs - *"Wavy"* by Milliegram, Boysarie
11. Stag Jumps and Leaps - *"Airbnb 2"* by Mauvais djo

TUESDAY - Jazz Technique with Daniel Do

CENTER