

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

1. Michael Kelly Bruce Foot Warmup - *"ily (i love you baby)"* by Surf Mesa, Emilee
2. Jumping Jacks - *"You Make Me Feel..."* by Cobra Starship, Sabi
3. Warmup - *"A Sky Full of Stars"* by Coldplay
4. Arms - *"Good II Me"* by VINCINT
5. Pas De Bourrée Combo - *"This Is Me"* by Keala Settle, The Greatest Showman Ensemble

ACROSS THE FLOOR

6. Triplet, Kick Ball Change, Turn - *"BREAK MY SOUL"* by Beyoncé
7. Jazz Walks, Chasses, Pivot Steps - *"One Kiss"* by Dua Lipa
8. Jazz Slides - *"Ain't Your Mama"* by Jennifer Lopez

COMBO

9. *"Gimme! Gimme! Gimme! (A Man After Midnight)"* by ABBA

WEDNESDAY - Classical Modern Technique with Jake Lewis and Caitlyn Richter

LESTER HORTON WARM UP

1. Roll Downs - *"Rise Up- Original Mix"* by Yves Larock, Jaba
2. Flat Backs - *"Flat Back in 3"* by William Catanzaro, Victor Y. See Yuen (Percussion for the Dance Technique of Lester Horton)
3. Bounces and Primitive Squats - *"Primitive Squat"* by William Catanzaro, Victor Y. See Yuen (Percussion for the Dance Technique of Lester Horton)
4. Slow Foot Work (only on video) - *"Foot Work 1 (Horton)"* by Miro Magloire (Music for Modern Dance Class (Horton)
5. Fast Foot Work - *"Foot Work 2 (Horton)"* by Miro Magloire (Music for Modern Dance Class (Horton)
6. Laterals - *"Laterals"* by Fat Coda Studios (Drums for Modern Dance Class [Horton Technique])
7. Variation - *"Variation"* by Fat Coda Studios (Music for Modern Dance Class [Horton Technique])
8. Release Swings - *"Release Swings (Horton)"* by Miro Magloire (Music for Modern Dance Class (Horton)

JOSÉ LIMÓN ACROSS THE FLOOR

9. Leg Swings/Over and Under Curves - *"3 147"* by Michael Wall
10. Triplets - *"3 166"* by Michael Wall
11. Progression - *"Eights 110"* by London Dance Collective
12. Prances - *"Eights 120"* by London Dance Collective
13. Big Jumps - *"Palms Down"* by John Hanks (4/4 time) or *"Sixes 125"* by London Dance Collective (3/4 time)