

AAU DANCE ~ Cabaret Training Workshop



April 27-29, 2020

Orange County School
of the Arts
1010 N Main St, Santa Ana, CA



3 Days of Training for both Students and Teachers!

Students will learn basic techniques in a variety of lifts & combinations as well as spotting and safety protocols.

Teachers will learn how to instruct dancers on spotting and safety as well as proper lifting, flying, and the technical changes for each type of Cabaret lifting. Basis in counterbalances and acro shaping will also be included to teach foundational concepts to your students.

Email Journey@jacmproduction.com

Phone 951-850-5318



Hosted by Journey DanceSport



This event is licensed by the Amateur Athletic Union of the U. S., Inc. All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU membership must be obtained before the event begins except where the event operator has a laptop available with an internet connection. BE PREPARED: Adult Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.