



@ 5 7 5 = B 0 F 8 O => 2 K E = 0 ? @ 0 2 ; 5 = 8 9

dancemaster, ' 5 B 2 5 @ 3 23 ? @ 5 ; L 2015 - 14:49:10

## 25-26 0 ? @ 5 ; O - @ 5 7 5 = B 0 F 8 O => 2 K E = 0 ? @ 0 2 ; 5 = 8 9 2 ShallWeDance: Kizomba, Zumba-Kids, Ragga, Contemporary Dance, Body-flex, Street-dance

@ 8 E > 4 8 B 5, M B > C = 8 : 0 ; L = K 9 H 0 = A = 0 C G 8 B L A O => 2 > < C!

! A K ; : 0 4 ; O 7 0 ? 8 A 8: 0 ? 8 A 0 B L A O = 0 C @ > :

# @ > : 8 ? @ > 9 4 C B 2 > 2 A 5 E A B C 4 8 O E:

N 1 5 @ F K- C ; 5 1 8 =>, C : > 2 A : 8 9, 0 < 5 = A : > 5

5 ? @ > ? C A B 8! ">; L : > 2 M B > B 4 5 = L 4 5 9 A B 2 C N B : F 8 8:

- ! : 8 4 : 0 10% = 0 2 A 5 0 1 > = 5 < 5 = B K 2 4 5 = L ? 5 @ 2 > 3 > ? @ > 1 = > 3 >  
C @ > : 0

- @ 8 2 5 4 8 4 @ C 3 0! ! : 8 4 : 0 5% 7 0 : 0 6 4 > 3 > 8 7 4 @ C 7 5 9, ? @ 8 2 5 ; 4- E  
? > ; C G 0 5 H L < 0 : A 8 < 0 ; L = C N A : 8 4 : C 4 \* 5 = 20% = 0 2 A 5 E 5- E!  
- ! : 8 4 : 8 ? > : F 8 O < A C < < 8 @ C N B A O 4 > 20%!

- 0 2 A 5 C @ > : 8 = 5 > 1 E > 4 8 < > ? @ 8 E > 4 8 B L A B @ > 3 > 2 A < 5 = = > 9  
> 1 C 2 8, 2 ? @ > B 8 2 = > <  
A ; C G 0 5, A B C 4 8 O 8 < 5 5 B ? @ 0 2 > > B : 0 7 0 B L 2 ? > A 5 1 5 = 8 8 C @ > : > 2!

0 A ? 8 A 0 = 8 5 N 1 5 @ F K- C ; 5 1 8 = > :

25/04 2 14:30 - % 8 ?- E > ? (Street Dance)

25/04 2 15:00 - Ragga

25/04 2 15:30 - Contemporary Dance

0 A ? 8 A 0 = 8 5 C : > 2 A : 8 9:

25/04 2 20:00 - Kizomba ? 0 @ K

26/04 2 14:30 - Body Flex % C 4 5 5 < 1 K A B @ >

26/04 2 15:00 - Zumba Kids 4 ; O 4 5 B > :

26/04 2 20:00 - Contemporary Dance

0 A ? 8 A 0 = 8 5 0 < 5 = A : > 5:

26/04 2 17:00 - Zumba Kids 4 ; O 4 5 B > :

26/04 2 20:00 - % C 4 5 5 < 1 K A B @ >

**KIZOMBA** - " 0 = 5 F 4 2 C E A 5 @ 4 5 F! - B > : @ 0 A 8 2 K 9 8 G C 2 A B 2 5 = = K 9  
B 0 = 5 F,

? > : > @ 8 2 H 8 9 2 ? > A ; 5 4 = 8 5 3 > 4 K 2 5 A L < 8 @. 0 ? > < 8 = 0 N I 8 5 A O,



"B O 3 C G 8 5"

<5;>488 8 >G0 @>2K20N185 A2>59 : @ 0A>B>9 42865=8O  
:87><1K =8:>3> =5  
>AB02;ONB @02=>4CH=K<. ;O <=>38E >?KB=KE B0=F> @>2  
A0;LAK 8 4 @C38E  
;0B8=>0<5 @8:0=A:8E B0=F52 :87><10 AB0;0 3;>B:><  
A25653> 2>74CE0, =>2K<  
3> @87>=B><, AB @0AB=K< C2;5G5=85<. B> 65 2 @5<O MB>B  
B0=5F 8450;L=>  
?>4E>48B 8 4;O B5E, :B> B>;L:> =0G8=05B B0=F520BL.

**ZUMBA KIDS** - 5BA:0O ZUMBA (A4-E ;5B) 0=OB8O ? @>E>4OB 2 D> @<0B5

702>4=>9 D8B=5A-25G5 @8=:8 ?>4 706830B5;L=K5 @8B<K.  
5B8=5 CAB>OB=0  
<5AB5! %8?-E>?, A0;LA0, :C<18O, @5335B>=- 2>B  
A>AB02;ON185 7C<1K 4;O  
45B59 2 ;53:8E 4;O 87CG5=8O 45BL<8 :><18=0F8OE. 0  
45BA:8E 7C<10-C @>:0E  
@515=>: A<>65B =5 B>;L:> @0728BL :>> @48=0F8N 8  
GC2AB2> @8B<0, 0 B0:65  
AB0=5B 1>;55 C25 @5==K< 2 A515 8 M=5 @38G=K<. C<10 :84A  
? @82L5B A 45BAB20  
? @82KG:C 1KBL 74> @>2K<8 8 A?> @B82=K<8! 54L MB> B0:  
25A5;>!

**RAGGA (DANCE HALL)** - 1CG5=85 A>;=5G=>9 0335 ? @8=5A5B 20<

<0AAC  
?>;>68B5;L=KE M<>F89. KA;KH8B5 =525 @>OB=>  
702>4=CN <C7K:C,  
0D @8:0=A:85 <>B82K? ! ?5 @2KE B0:B>2 G5B:85 C40 @K  
10 @010=>2 =0G8=0NB  
@0A:0G820BL 0H8 154 @0? >38 @2CBAO 2 ?;OA, 0 =0 ;8F5  
1;5A=C;0 =5<=>3>  
E8B @0O C;K1:0? =0G8B, 0A <0=8B 2 A2>9 A>;=5G=K9 8  
?>78B82=K9 <8 @ -  
0338! -B>, ? @5645 2A53>, A2>1>40! !2>1>40 4CH8 8 B5;0!

**STREET DANCE** - # @>:8 A>2 @5<5==>3> C;8G=>3> B0=F0 4;O 45B59

8  
<>;>4568 @072820NB :>> @48=0F8N 42865=89, <>B> @8:C,  
A;CE, GC2AB2> @8B<0.  
B0:65 C<5=85 2K @078BL A2>9 2=CB @5==89 <8 @ 8 A2>N  
8=48284C0;L=>ABL  
?5 @540BL ?>A @54AB0< B0=F520;L=KE 42865=89. 1CG5=85  
B0=F0< ? @>E>48B  
2 25A5;>9, @04>AB=>9 0B<>AD5 @5, 2 83 @>2>9 D> @<5.



6 5 3 > 4 = K 5 > B : @ K B K 5  
C @ > : 8 8 > B G 5 B = K 5 : > = F 5 @ B K 4 ; O 4 5 B 5 9 8 @ > 4 8 B 5 ; 5 9 . # G 0 A B 8 5  
2 @ 0 7 ; 8 G = K E  
D 5 A B 8 2 0 ; O E 8 : > = : C @ A 0 E .

**CONTEMPORARY DANCE** - 8 ; 8 6 0 7 < > 4 5 @ = M B > A > G 5 B 0 = 8 5  
« = 5 A > G 5 B 0 5 < > 3 > » ! ; O M B > 3 > B 0 = F 5 2 0 ; L = > 3 > A B 8 ; O  
E 0 @ 0 : B 5 @ = K 8 : ; 0 A A 8 G 5 A : 8 5  
M ; 5 < 5 = B K 8 7 1 0 ; 5 B 0 , 8 ; > < 0 = = K 5 2 5 : B > @ = K 5 4 2 8 6 5 = 8 O B 5 ; 0  
8 @ C : 8 7 < > 4 5 @ = 0 ,  
8 0 : @ > 1 0 B 8 G 5 A : 8 5 B @ N : 8 8 7 1 @ 5 9 : 0 , 8 H 0 3 8 8 2 > ; = K 8 7 ; 0 B 8 = K 8  
E 8 ? - E > ? 0 .  
Contemp C G 8 B B 0 = F > @ 0 8 A ? > ; L 7 > 2 0 B L A 2 > 5 B 5 ; > : 0 :  
8 = A B @ C < 5 = B 4 ; O > B 1 8 2 0 = 8 O  
@ 8 B < 0 < C 7 K : 8 , ? > M B > < C B 5 E = 8 : 0 H 0 3 > 2 ; 8 H 5 = 0 A B @ > 3 > A B 8  
1 0 ; 5 B 0 A B > ; G : 0 < 8 8  
2 > 7 4 C H = > A B L N , 0 0 : F 5 = B 8 @ C 5 B ? @ 8 7 5 < ; 5 = = > 5 4 2 8 6 5 = 8 5  
= > 3 , = 0 ? @ 0 2 ; 5 = = > 5 : ? > ; C .

**BODY FLEX** M D D 5 : B 8 2 = 0 O ? @ > 3 @ 0 < < 0 , : > B > @ 0 O ? > 4 E > 4 8 B 4 ; O  
1 > ; L H 8 = A B 2 0 B 5 E , : B > E > G 5 B ? > E C 4 5 B L 8 C : @ 5 ? 8 B L A 2 > Q  
7 4 > @ > 2 L 5 . BodyFlex  
: > < ? ; 5 : A C ? @ 0 6 = 5 = 8 9 , > A = > 2 0 = = K E = 0 A > G 5 B 0 = 8 8  
4 K E 0 B 5 ; L = > 9 B 5 E = 8 : 8 8  
D 8 7 8 G 5 A : 8 E C ? @ 0 6 = 5 = 8 9 = 0 @ 0 A B O 6 : C 8 = 0 ? @ O 6 5 = 8 5 < K H F .  
BodyFlex M B > :  
K A B @ > 5 8 M D D 5 : B 8 2 = > 5 A 6 8 3 0 = 8 5 6 8 @ > 2 K E > B ; > 6 5 = 8 9 ,  
8 = 8 < 0 ; L = K 5 7 0 B @ 0 B K  
2 @ 5 < 5 = 8 , # A : > @ 5 = 8 5 > 1 < 5 = 0 2 5 I 5 A B 2 , # < 5 = L H 5 = 8 5  
> 1 J 5 < 0 6 5 ; C 4 : 0 , # A 8 ; 5 = 8 5  
; 8 < D > B > : 0 , != 8 6 5 = 8 5 < K H 5 G = > 9 1 > ; 8 .

**0 C @ > : 8 7 0 ? 8 A K 2 0 5 < A O 7 4 5 A L :**

<http://shallwedance.ru/page.php?96>

0 A ? 8 A 0 = 8 8 2 > 7 < > 6 = K 8 7 < 5 = 5 = 8 O , 1 > ; 5 5 ? > 4 @ > 1 = > ? >  
B 5 ; , :  
8 ( 9 1 6 ) 3 3 3 - 2 2 - 4 4 - 0 < 5 = A : > 5 , > A < > = 0 2 B > 2 4 0 3 , " & 8 @ 0 < 8 4 0  
8 ( 9 1 6 ) 3 3 3 - 2 2 - 9 4 - C : > 2 A : 8 9 , " C ? > ; 5 2 0 1 8 / 1 , ? , . @ > < > 2 0  
8 ( 9 1 6 ) 3 3 3 - 2 2 - 2 0 - N 1 5 @ F K - C ; 5 1 8 = > , : B O 1 @ L A : 8 9 ? @ > A ? 5 : B 1 8 : 2  
( 5 B @ > C ; 5 1 8 = > 8 ; 8 ! B 0 = F 8 O # E B > < A : 0 O )  
> ; 8 G 5 A B 2 > < 5 A B 2 3 @ C ? ? 5 > 3 @ 0 = 8 G 5 3 > , A ? 5 H 8 B 5 !

4 5 < 0 A !