



Friday pre-party workshops

Torno

About the Workshop

In this workshop you will be introduced to the basic techniques to get a good flow when dancing in the Torno structure.

Your inner compass will be challenged because Torno is about changing your orientation by 90 degrees.

If you have tried Torno before, you will most likely learn a slightly different way to do Dame Una - unless you have learned Torno by Anders.

Since this is a pre-party workshop, focus will be on high energy and having fun.

To participate in this workshop, you need to be able to

- Every participant at RuedX should be at a level where they can participate in this workshop :)

Agua!

About the Workshop

We will learn 3 figures where the leader gives opportunity for the follower to shine.

There will be both timba and afro Cuban vibes

To participate in this workshop, you need to be able to

This workshop is about having fun and bringing the good vibes.



Saturday pre-party workshops

It's all about music, baby

About the Workshop

No crazy structures, no complicated calling – just the one thing we all need for dancing: the music.

In this workshop, we put musicality at the center of the rueda and explore how we can listen, react, and play with the music as cantantes, as individual dancers, and as a group.

To participate in this workshop, you need to be able to

- Basic rueda experience and a sense of rhythm/timing

Espejo Switch Workshop and Practica

About the Workshop

A rueda where we alternate between normal and Espejo (dancing mirrorwise), combined with switch. The goal is to achieve "flow", where we just dance without knowing what position or role we are in. Confusing and fun! (/ the trick is to not think)

To participate in this workshop, you need to be able to

- You must be a confident dancer both as a leader and follower
- be able to switch
- and know the basics of Espejo. (Dame, enchufla, prima...)



Flow workshops

Active Followers - Equal Fun & Joy

About the Workshop

Rueda de Casino without equal, fun, joy, play and communication between leaders and followers is just boring. If you agree with this statement, then consider to participate in our workshop. We will in the workshop share how we have tried to implement a more active and joyful follower role in our rueda caminando - As an inspiration for a further exchange of experience doing active followers calls among the workshop participant - As well as inspiration for a final talk about the future potential and perspective for developing more rueda with equal, fun, joy, play and communication for both parts.

To participate in this workshop, you need to be able to

- be really confident in rueda caminando
- be familiar with the basic rueda caminando technique, including walking forward, positioning, saloneos -and paseos technique
- want to share and have more inspiration in developing the active follower's role in their ruedas.

Other requirements

We need participants, that can be divided with 4, so we can do two pair rueda.

Rueda sin manos: Active roles

About the Workshop

In rueda, flow does not happen by chance – it is created by active dancers in both roles.

This workshop focuses on strengthening the active responsibility of both leaders and followers in rueda. The core idea is to create continuous flow by increasing awareness, timing precision and shared ownership of movement. We work extensively with sin manos figures to train independence, musicality and clarity without physical contact. The session combines technical awareness, role-specific modifiers and dynamic interaction to raise the overall energy and quality of the rueda.

To participate in this workshop, you need to be able to

- no special skills required



Flow workshops *(continued)*

Rueda-Cola

About the Workshop

The workshop will consist of several variations within closed positions and traveling (caminando) movements.

To participate in this workshop, you need to be able to

- have a solid understanding of the footwork within certain frameworks (closed position in particular).
- curious about musicality
- and most importantly: the ability to put your manos pa'arriba

Intercambios in avenida and linea moderna

About the Workshop

In this workshop we will look at transitions in avenida and linea moderna using enroscala. Either leader or follower (depending on if we are in avenida or linea moderna) will change from one pequena to another while the opposite role stays and continues with a new partner. This allows for new transitions between different pequenas in enroscala.

To participate in this workshop, you need to be able to

- Participants need to be comfortable in enroscala
- Participants should have basic knowledge of avenida/linea moderna

Other requirements

- We need at least 8 participants or more by adding 4 participants each time.
- We need to be able to do avenida/linea moderna

Rueda Hermosa's New favoritas

About the Workshop

Jorge Luna, Director of Compañia ALL STARS Santiago de Cuba, came to visit in Oslo, and he left us with a large collection of new rueda figures; estilo original y autentico de la @allstarscuba. We would like to share some of these new and fun ruedafigures with the rest of the rueda community in Scandinavia.

To participate in this workshop, you need to be able to

- no special skills requirements
- participants just have to be experienced dancers and able to learn new rueda-figures easily

Paseos and tarros in rueda flow

About the Workshop

We will work with paseos and tarros. putting tarros into paseos will make our lives more interesting and challenging. Mixing it into other rueda flow figures gives a lot of smooth and funky transitions. It is also relatively "fast" to learn once you crack the first one, giving us the opportunity to dance more

To participate in this workshop, you need to be able to

- have basic paseos knowledge like
- Saloneo, Enroscala, Paseo and preferably Reina.



Structure & Switch workshops

Avenida Contrario

About the Workshop

Learn how to incorporate Contrario in Avenida. When combining Avenida and Contrario the rules of contrario has to be changed a little bit and you have to be sharp on your position in order to make it work. But it opens up for some interesting new figures/structures. It is still a work in progress so we will also make it into a lab in the end, where you can share your ideas.

To participate in this workshop, you need to be able to

- You should be confident in Avenida
- Preferably be familiar with contrario.

Other requirements

The number of participants must be divisible with 8.

Switch Rueda Introduction

About the Workshop

In the Switch Rueda, we are constantly changing roles: leaders become followers and vice versa while dancing. Fun and occasional confusion included.

To participate in this workshop, you need to be able to

Be confident leading and following in the Rueda, meaning you master dile que no, dame, enchufla, prima, exhibela, cero, lazo, directo in both roles within the Rueda.

Rueda in the unfamiliar role

About the Workshop

Dancing both roles, gives you so many new possibilities and flexibility. You will get better awareness of positioning, technique and flow in general, but also be more confident in your preferred role. It is also a must for dancing Rueda switch - a rueda where you alternate between leading and following during the dance. The first step on the way to survive Rueda switch is to dance in the unfamiliar role. This workshop is about that.

We will be working with leading- and following-techniques. We will talk about good habits as a leader and as a follower.

We will go through the figures Vuelta, Enchufla, Directo, Dame and Dilequeno (and preferably Prima and Exhibela).

To participate in this workshop, you need to be able to

- be ok with not being in control
- want to learn new things



Structure & Switch workshops *(Continued)*

Rueda Equis

About the Workshop

Rueda Equis is a high dynamics and high energy rueda variant, as all dancers dance the leader's steps and moves. That requires some adaptation of the figures, since all dancers are leading. The connection then becomes even more important, matching each other's tension, to have an equal lead from both dancers. One is dancing normal rueda position and the other is dancing pa'fuera.

The alternation between rueda and equis challenge the mind to be flexible and promise a lot of fun and laughter as we push our dance in new ways.

To participate in this workshop, you need to be able to

- Preferably you know how to do your Casino Guapea steps.
- It would be nice but not necessary if followers are familiar with dancing opposite role

Tumba Francesa con Structure

To participate in this workshop, you need to be able to

To participate in this workshop, you should have basic experience in Avenida and Linea Moderna

Other requirements

We need 4/8/12 couples as we will do this in 4 couple Rueda's and may experiment with 6 or more couples.

Reloj

About the Workshop

Reloj is a new dynamic structure that is very easily danced socially because it doesn't require a specific number of people. It flows, twists and turns in constant motion and easily combines with many common calls.

To participate in this workshop, you need to be able to

- It helps if you have done some structures (eg caleidoscopio) before, but is not essential.
- It is an active followers session.



Mental workshops

Torno Confusion

About the Workshop

We will be playing with the Switch concept Confusion in Torno and challenge each other on spokes, parfuera and normal rueda.

To participate in this workshop, you need to be able to

- Do torno transitions
- understand the concept of dancing on spokes and parfuera
- Be confident in both roles
- Be confident in Switch and /or the Confusion concept

Switchin' Structures

About the Workshop

In this workshop, we want to use Switch not only to change roles, but also as a tool to simultaneously and smoothly transition between structures or change the synchronisation of the Rueda.

To participate in this workshop, you need to be able to

- We do expect people to be confident in dancing both roles, as we'll be using Switch to transition between structures.
- we expect participants to be confident with other structures.

Variations on Tumba Francesa in Llanta/Avenida

About the Workshop

In this workshop we will combine and play around with two concepts that bring a lot of fun group dynamics - tumba francesa and structures (avenida/llanta). In the beginning, we will discuss the traffic rules required for their successful fusion and transitions maintaining the integrity of structure. Later, we will present a variation on tumba francesa applicable specifically within structures or rueda dos parejas.

Spoiler alert - it's gonna be muy caliente :)

To participate in this workshop, you need to be able to

- prior knowledge of avenida and/or llanta with corresponding partner changes (dame/subiendo pequena/grande)
- prior knowledge of standard tumba francesa

Other requirements

As we plan to play within structures (depending on the amount of participants with avenida or llanta) we would need an even number of dancing couples.



Mental workshops *(Continued)*

Trio Alterno

About the Workshop

Inspired by trio caliente, we will be working with trios of both Dos hombres and Dos mujeres, but in the workshop we will have fun alternating between the two types of trios in Rueda.

To participate in this workshop, you need to be able to

- adjust quickly and learn things fast
- have a very good sense of spacial awareness (and of course awareness of your partners and rest of the rueda)
- confident in rueda technic

Furthermore as a **follower** you need to

- be confident with active following
- be somewhat confident in dos mujeres dancing

Furthermore as a **leader** you need to

- be confident with active leading and following - when you are in the dos hombres trio, you are not always the more active one
- have a basic understanding of how to lead dos mujeres

Other requirements

We need a number of participants divided by 6, as we not only work in trios, but in different trios of dos mujeres and dos hombres,

Switch Rueda with arriba feelings

About the Workshop

We will primarily focus on short switch figures and their transitions to other figures. For example, we will take the 'Arriba Switch' from 'Enchufla Arriba Switch' and use it on its own. The goal is to find a good balance between explanation and dancing.

To participate in this workshop, you need to be able to

- You should be familiar with Switch Rueda and find your way around independently in both roles, also in arriba transitions.
- You should have good orientation skills, even when changing roles quickly.