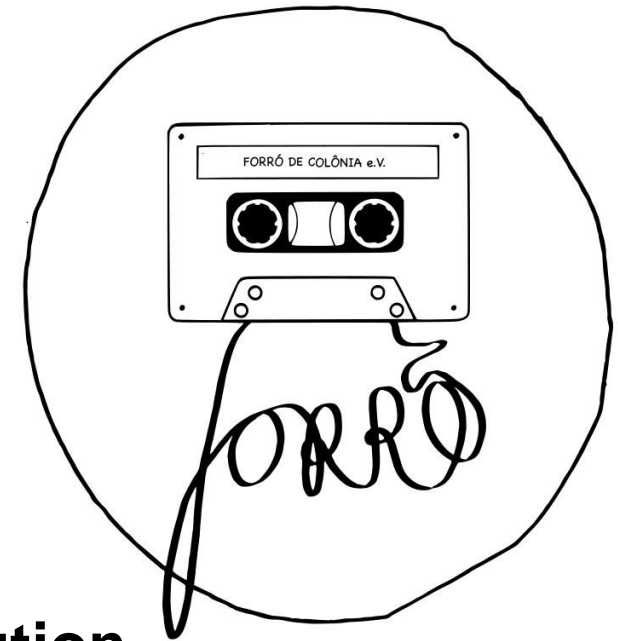


„Step up in Forró“ FdC Event



Step up in Forró Event to **Celebrate your Evolution**
Dance with Teacher to **show that you are ready** for Level C

Special Transition Event on 20.1.24:
Also for everyone who wants to do Level B courses in Köln

Get some important info about the Event,
including registration and how to prepare, in this PDF!

Before the event: Preparation & Registration



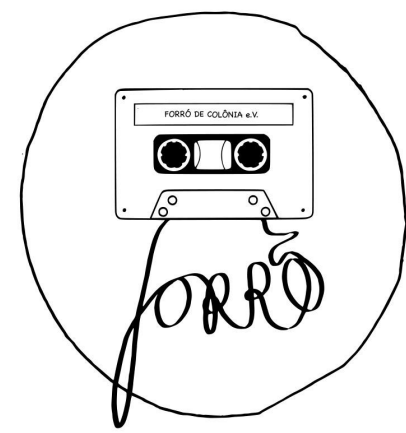
Suggestions for preparation:

- Songs in playlist: [Spotify link](#)
- Requirements to join Level B or C in this pdf
- Pre-Step up Prática: Sunday, 14.1.24 in Bürgerhaus Stollwerck, Köln
- Tip for Level B to C: use 1 dance for steps, and 1 dance for musicality etc.

Registration:

- Register online (to know how many people): [Registration link](#)
 - Level goal (Level C: get feedback for both Level C and B)
 - Open or closed
 - Choose your dance partner on-site
- Register twice if you want to cover both dancing roles!
- Schedule is built according to open/closed and chosen teacher

Requirements for Level B in Köln (20.1.)



These are the contents you should know to join Level B:

- Embrace
- Variations of basic step
- Open position
- Repeated turns & Comfort
- Body Connection & Caminhada
- Rhythm
- Simple turn for Follower
- Simple turn for Leader
- Inverted Leader turn
- Body Connection & Facão
- Common Axis & Pião
- Sequences

Requirements for Level C (20.1.)



These are the contents you should know to join Level C:

- Must Have:
 - Turning technique
 - Balance
 - Posture
 - Connection
 - Rhythm
 - Level A Contents
- Know as much as possible:
 - One nicely executed Sacada
 - 2 different 5 step turns (aka Contratempo turns)
 - Giro Paulista
 - Trava(da)/Caminhada interrompida/Roots walk
 - Repique (aka Base arrastada)
 - Xique-xique (aka Chamego)
 - Musicality