

FJ Rock'n'Roll Dance Studio



Beginners Lifts & Aerials

If you are desiring a challenge, and wish to add some fire to your dancing routines, this DVD will get you started with 10 of the easiest lifts. Each lift is demonstrated, then repeated in slow motion. Spotters positions are shown for safety while learning. Practice at your own pace in the comfort of your lounge room.

LIFTS:	Pull Through	Arm Drop	Swing Under
	Monkey Slide	Leg Drop	Walk Over
	Bend Back	Hip Jump	Example Routine
	Arm Flip	Roller Blind Drop	

Just \$26.50 FREE Postage (within Australia)



Intermediate Lifts & Aerials

These 10 more lifts will further challenge you and really add pizzazz to your dancing, be it social or competitive. Although demonstrated in Rock 'n' Roll style, they can be adapted to many styles of dancing such as Lindy Hop, Jive, Jitterbug, Ceroc, Rockabilly, and Swing.

LIFTS:	Circle Swing	Back Flip	Hamburger
	Dead Spiral	Shoulder Throw	Leap Frog
	Side Straddle	Prayer	Example Routine
	Shoulder Sit	Lambada Spin	

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Advanced Lifts & Aerials

This DVD is for serious competitive dancers. Slow motion techniques, coaching tips, and filming from different angles unravels the secrets of learning these 9 difficult lifts. For safety while learning, spotters positions are shown.

LIFTS:	Straddle Candlestick	Double Leg Swing	Propellor
	Candle Death Dive	Scarf	Example Routine
	Straddle Death Dive	Press	
	Rollover	Amazon	

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Set of 3 Lifts & Aerials DVDs

Only \$73.00 FREE Postage (within Australia)

Order from our website: rockroll.com.au

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