

ROCK BOTTOMS October '26 - WORKSHOPS

SATURDAY	STARLIGHT LOUNGE	RIVIERA LOUNGE (Carlton Hotel)
10:00 - 11:00	Jive: Time and Space - Musicality (all) Matt & Nele Mr Funny and Little Miss Curious always hit the right spot on time and enjoy expressive playtime	Tango: Introduction to Tango (beg) Yohann & Sue Caminada y ochos
11:10 - 12:10	Jive: Mr & Little Miss Greedy (adv) Lee & Dawn Even MORE cool moves	Blues: Introduction Nigel & Tracey A look at the fundamental dance patterns and techniques in Blues dancing
12:20 - 1:20	Introduction to Aerials with Andrew & Kim (FIXED PARTNERS) Mr Strong & Little Miss Topsy-Turvy won't turn your world upside down but they will give you wings.	Tango: Sandwich and Decorations (beg/int) Yohann & Sue Having fun with the sandwich and decorations ("sanguchito")
1:30 - 2:30	West Coast Swing: Missed-A-Triple (beg+) Lee & Dawn FUNdamentals and pattern variations	Blues: Funk Nigel & Tracey A style of Blues for when the music is truly "James Brown"
2:40 - 3:40	Tango: Intermediate Yohann & Sue Off-axis combinations ("colgadas")	Jive: Pimp my Ride (int) Matt & Nele Mr Cool applies centripetal techniques with Little Miss Quick with 3 beautiful rides to show on the dancefloor
3:50 - 4:50	Blues: Breaking the Blues Nigel & Tracey Blues music is the blueprint for how we dance	Line Dance – Have Fun Go Mad with Andrew & Kim Mr Muddle & Little Miss Scatterbrain will tie your brains and your legs in knots with this ever popular intermediate+ level line dance.
5:00 - 6:00	Jive: Wow Tricks (adv) Matt & Nele Mr Marvellous moves that impress plus the tips that make them effortless - Miss Magic embellishes	Paso Doble: Mr Matador & Little Miss Cape (beg) Lee & Dawn Have fun with the basic steps of this Strictly Latin favourite

SUNDAY	STARLIGHT LOUNGE	RIVIERA LOUNGE (Carlton Hotel)
10:00 - 11:00	Pyjama: Mr Mischief & Little Miss Fun (all) Lee & Dawn Your morning dose of pyjama class mayhem!	
11:10 - 12:10	Jive: From Move to Movement (all) Matt & Nele Mr Adventure and Little Miss Surprise offer techniques to allow you to create your own fascinating movements.	Tango: Improver Yohann & Sue Turns and releases ("soltadas")
12:20 - 1:20	Aerials to Music with Andrew & Kim (FIXED PARTNERS) Building your acrobatic journey, Mr Strong & Little Miss Topsy-Turvy are back to make your moves effortless to music.	Blues: American Blues Nigel & Tracey What they do 'over the pond' when the music is real slow
1:30 - 2:30	Tango: All Levels Yohann & Sue Easy moves and combinations to get started with the Milonga	Jive: Mr Strong & Little Miss Brave (int) Lee & Dawn A collection of dips, drops and tricks, broken down for safe and slick execution
2:40 - 3:40	TEA DANCE Jive (Starlight) Blues (Secret Disco)	Jive: Footwork Showdown (all) Matt & Nele Mr & Mrs Clumsy and Impossible transform themselves for footwork variations that suit different music genres
3:50 - 4:50		Tango: Improver/Intermediate Yohann & Sue Showy poses and endings
5:00 - 6:00	Jive: Mr Cool & Little Miss Sparkle (int) Lee & Dawn Super styling for upgraded freestyle appeal	Blues: Wolf Blues Nigel & Tracey A 'howling' Blues routine full of style and musicality

ROCK BOTTOMS OCTOBER '26 - SCHEDULE

FRIDAY		
4:30 - 6:00	Welcome Tea Dance	We have a Jive freestyle in the Starlight Lounge along with Ben's Barrow serving complimentary tea and coffee. (The bar is also open). So meet up and chat over a cuppa or warm up those legs on the dance floor.
6:45 - 8:30	Evening meal	Take a seat anywhere in the dining hall. Most options are now self service.
8:30 - 2:00	Jive Freestyle	Our main venue (Starlight Lounge) has Jive music throughout the night. Here we have a short bottom warmer class at 9:00 and teacher introductions at 10:00. Tango Half Hour at midnight.
9:00 - 2:30	Blues Freestyle	Our "Secret Disco" has Blues music from 9pm until late! It will stay open during teacher introductions.
12:00 - 1:00	Ben's Barrow	We serve complimentary tea / coffee & buns from Ben's Barrow between midnight and 1am.

SATURDAY		
8:30 - 9:45	Breakfast	Take a seat anywhere for breakfast. Everything is self service.
10:00 - 6:00	Workshops	Workshops all day in the Starlight Lounge and Riviera Lounge. See reverse for workshop details. See below for directions to Riviera Lounge.
6:45 - 8:00	Evening meal	Last sitting 8pm. Please dress in your "MR MEN & LITTLE MISS" outfits for dinner.
8:30 - 2:30	Jive Freestyle	Jive music throughout the night in the Starlight Lounge. Here we have "MR MEN & LITTLE MISS" fancy dress judging at 9:00 (rosettes & chocs at stake) and teacher cabarets at 10:00. Tango Half Hour at midnight.
9:00 - 3:00	Blues Freestyle	Our "Secret Disco" has Blues music until late (closes during cabaret)
12:00 - 1:00	Ben's Barrow	We serve complimentary tea / coffee & buns from Ben's Barrow between midnight and 1am.

SUNDAY		
8:30 - 9:45	PJ Breakfast	PYJAMA breakfast - and stay in your pyjamas for breakfast and first class.
10:00 - 6:00	Workshops	Workshops all day in the Starlight Lounge and Riviera Lounge. See reverse for workshop details. See below for directions to Riviera Lounge.
2:40 - 4:50	Tea Dance	Jive freestyle in the Starlight Lounge, and Blues in the Secret Disco
6:45 - 8:00	Evening meal	Last sitting 8pm. Please bring some change to dinner for the staff collection.
8:30 - 2:30	Jive Freestyle	Jive music throughout the night in the Starlight Lounge. Here we have the pyjama class performance and teacher fun performance at 9pm. Tango Half Hour at midnight.
9:00 - 2:30	Blues	The "Secret Disco" has Blues music until survivors photo - then more Blues!
12:00 - 1:00	Ben's Barrow	We serve complimentary tea / coffee & buns from Ben's Barrow between midnight and 1am.
2:30	Survivors' photo	Everyone on stage in the Starlight for a photo to prove you've made it to the end.

USEFUL INFORMATION

Please use the hand sanitisers regularly to help keep us all safe - and let us know if refills are required.

Remember to wear your wrist bands at all times to help us keep the venues secure.

Massage can be booked at the Rock Bottoms desk - £40 for a full hour - please pay (cash) when booking.

You may video the teacher cabarets, but please don't post online - we'll post our footage on Facebook.

Teachers will demo workshop material for you to record at the end of each workshop.

Rock Bottoms T shirts, water bottles, fans, shoe bags etc are available from our shop.

WowDancer are with us on Saturday with a wide range of dance shoes.

There is also a pre-loved dancewear rail in reception - please follow the instructions.

You may reserve tables for dinner, but please reserve the correct number of seats and inform everyone in your group. Groups should arrive by 7:15 to ensure their tables are held.

Those wishing to meet new people at dinner, please sit at our "Meet and Eat" tables.

Lunch is available from the hotel Bistro between 12:00 and 3:00. It can get busy so allow plenty of time.

You may pick and choose your workshops as you wish, though please take note of any level guides on some of the workshops. There should be a 10 minute gap between all workshops so if you are doing consecutive workshops there should be just enough time to grab a drink in between.

All venues are signed from the Derwent reception - here are some helpful descriptions.

Starlight Lounge - the central dance venue just off the Derwent reception.

Bistro - at the top of the ramp from the Starlight Lounge, turn right and keep going, past the indoor pool.

Riviera Lounge - just inside Carlton Hotel - through the Bistro and up the stairs.

Ben's Barrow - exit the Starlight Lounge through central doors and you'll see it straight ahead.

Secret Disco - exit the Starlight Lounge through central doors, and look for the sign pointing down stairs.