

October 1 - December 31, 2016

## Soca Dance w/ Candace Thompson

Company: Mark Morris Dance Center

Venue: Mark Morris Dance Center

Location: Brooklyn, NY

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### [SOCA DANCE](#)

A fun, jam-packed dance party workout, this Soca class is a great way to kick-off your Saturday afternoon. This class starts with an endurance building warm-up, followed by practice of traditional Soca movements (including wining and other body isolations), and ends with a short phrase of choreography. Dancers of all levels are encouraged to attend.

Suggested Attire:

Comfortable clothing in which you can easily move

Jazz shoes, jazz sneakers, indoor sneakers, or thin socks. No street shoes.

Saturdays 3:30 - 4:30pm

Instructor:

[Candace Thompson](#)

Mark Morris Dance Center

3 Lafayette Avenue

Brooklyn, NY, 11217

718.624.8400

<http://markmorrisdancegroup.org/dance-center/adult-classes/Dance-Workout/Soca-Dance>

Schedule

February 20, 2016: 3:30pm

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