

Oct. 21 Medium

Lidón Flamenco Academy

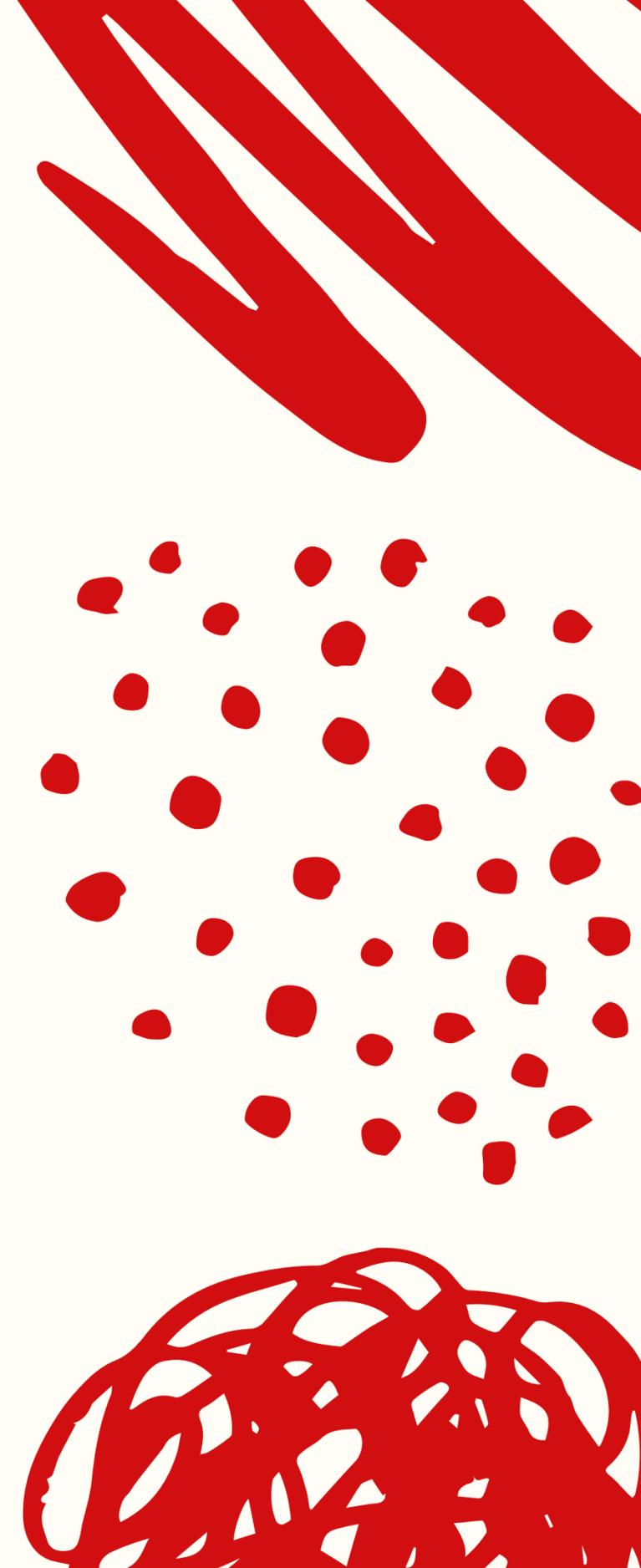
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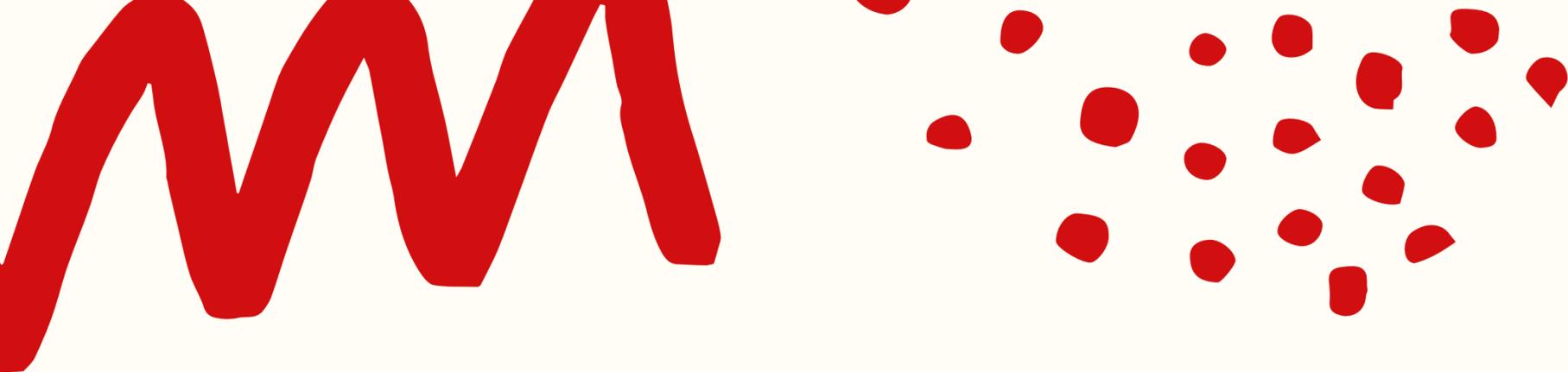
Welcome

TO YOUR ONLINE FLAMENCO ACADEMY

It is a pleasure to have you here, I hope you enjoy everything I have prepared for you in this course.

A big hug,
Lidón ♥





This is your guide

I HAVE DESIGNED 10 CLASSES FOR YOU



Always warm up before you start dancing and stretch at the end. Whether you go directly to the "Complete Classes" block or if you decide to make the videos at your own pace following the guide. This is very important.

How do I get the most out of my course?



FOLLOW YOUR GUIDE

Later in this guide you have 10 designed classes, with the recommended video order. You can do the videos at your own pace and repeat them as much as you need.

COMPLETE CLASSES

The recommended video order for each day, created in a single video. You have all 10 classes! Always warm up before and stretch afterwards.

I DO NOT HAVE MUCH TIME

Always warm up and then choose the videos that you have time to do. Always stretch at the end.

I'VE ALREADY DONE EVERYTHING

Remember: repetition is the key to improving our technique. Keep working on cleaning the techniques and repeat the choreography dancing 100%



Lidón Flamenco Academy

It is a pleasure for me that you are part of "Lidón Flamenco Academy".

I have enjoyed every second recording all this content for you. I hope you enjoy it to the fullest.

Thank you for trusting my work.

Lidón

10 classes designed for you:



DAY 1

- Block 1:
Welcome
- 2.1
- 3.1+3.2
- 5.1+5.2
- 6.1

DAY 2

- 2.1
- 3.3
- 4.1+4.2
- 5.3+5.4+5.5
- 6.1

DAY 3

- 2.1
- 3.4
- 4.3
- 5.6+5.7+5.8
- 6.1

DAY 4

- 2.1
- 3.5
- 4.4
- 5.8+5.9+5.10
- 6.1

10 classes designed for you:



DAY 5

- 2.1
- 3.6
- 4.5
- 5.11+5.12
- 6.1

DAY 6

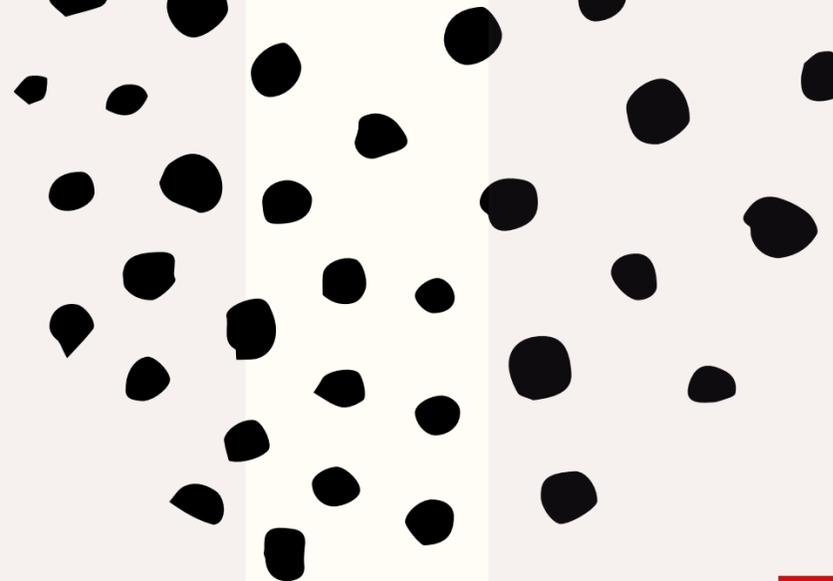
- 2.1
- 3.7
- 4.6
- 5.13+5.14+5.15
- 6.1

DAY 7

- 2.1
- 3.3
- 4.3
- 5.16+5.17+5.18
- 6.1

DÍA 8

- 2.1
- 3.5
- 4.4
- 5.18+5.19
- 6.1



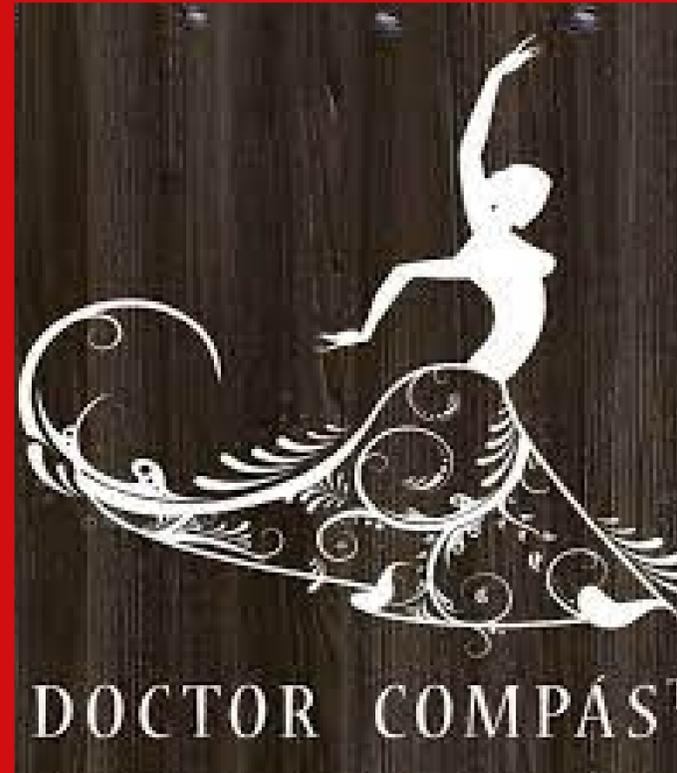
DAY 9

- 2.1
- 3.7
- 4.6
- 5.19+5.20
- 6.1

DAY 10

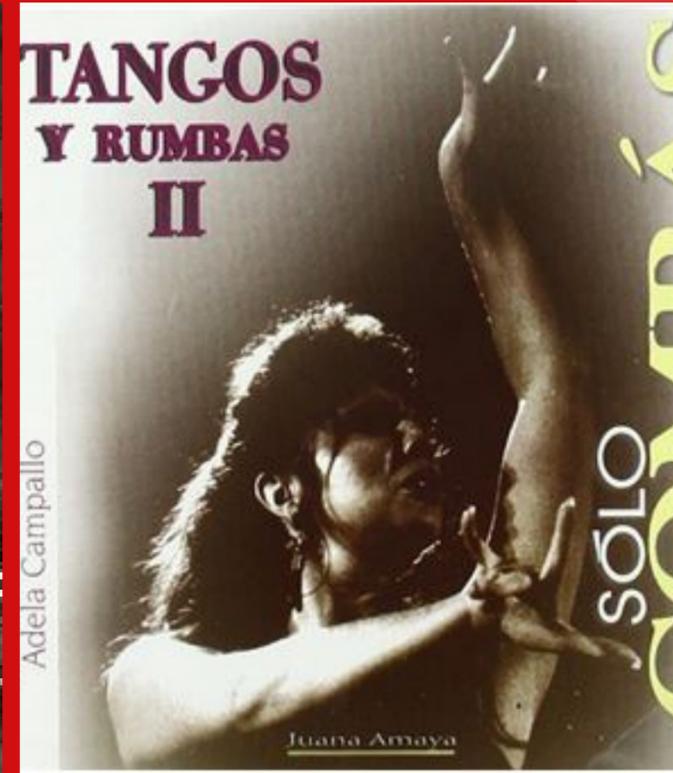
- 2.1
- 3.7
- 4.7
- 5.21
- 8.1+6.1
- 8.2

Música



APP DOCTOR COMPÁS

I use this app to do the technique exercises. I can manipulate the speed and it is useful for studying.



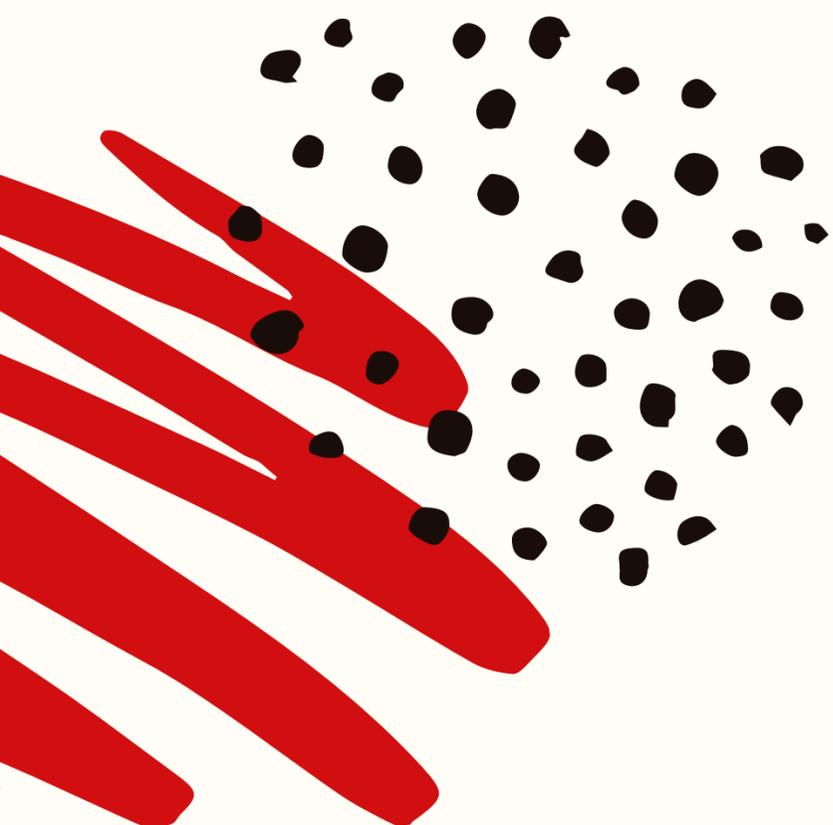
CHOREOGRAPHY MUSIC

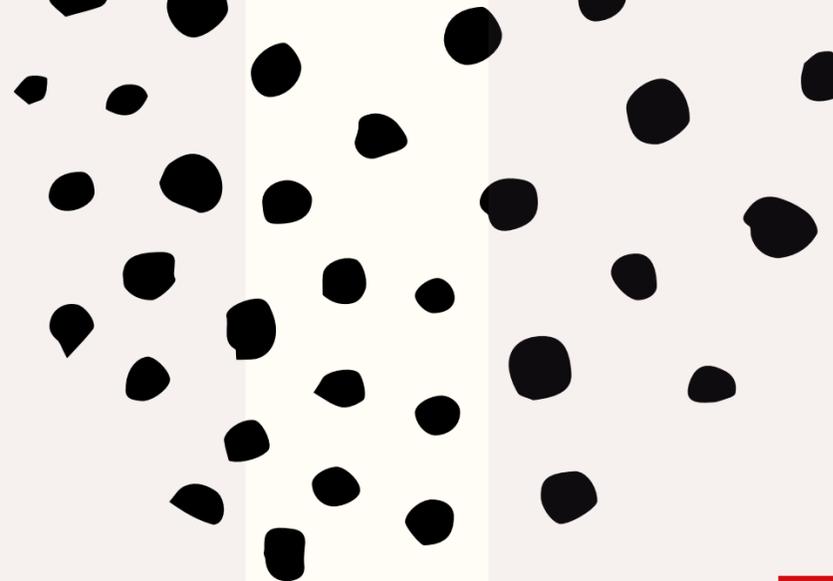
Song title: 2. Tangos Completos Sin Baile (Versión 1). It's choreographed from start to 2:05.



AMAZING SLOW DOWNER

This is the app I use to slow down the music. It is very useful for rehearsing slower.





1ST ZOOM

In our first group class through Zoom we will work on the following videos:

- 3.2 a 3.5
- 4.1 a 4.4
- 5.1 a 5.10

2ND ZOOM

In our second group class through Zoom we will work on the following videos:

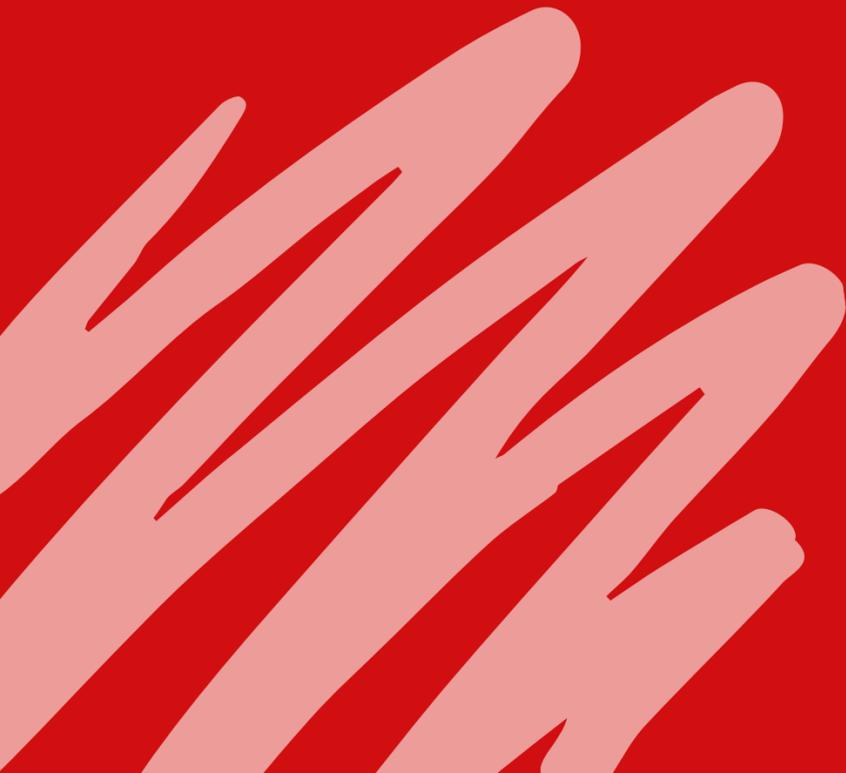
- 3.2 a 3.7
- 4.2 a 4.7
- 5.2 a 5.21

DETAILS MATTER

“

Enjoy. The most important thing for me is that you enjoy the process, don't just do steps. Be happy every little time that you put on your dance shoes, feel every movement and dance.

LIDÓN PATIÑO



Feel free to share on your social media:

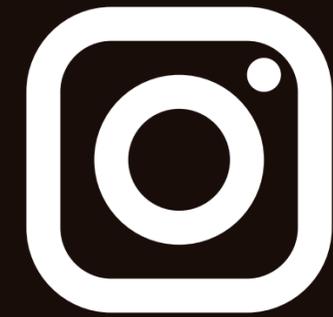
Record a short video of 15 or 30 seconds while you do your class and share it on your social media if you feel like it.

Don't forget to tag me @lidonflamenco. I would love to know that you are working on this online course and share it with our community of Flamenco lovers.



FACEBOOK

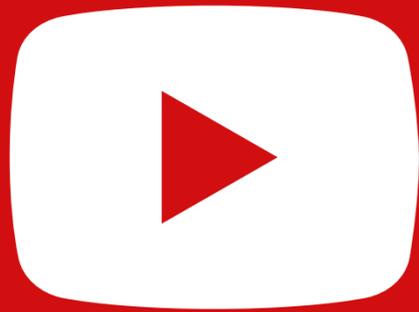
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FACEBOOK

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INSTAGRAM

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news and my day to day
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**We continue dancing
We continue... al liiio!!**

SEPT. 2021

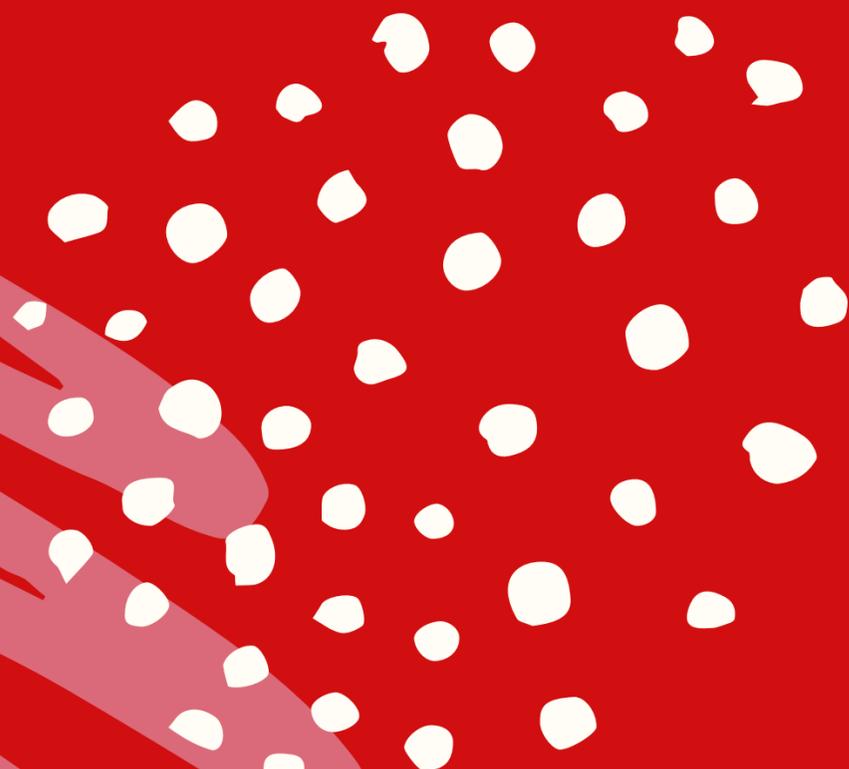


More information



PERSONAL PAGE AND BLOG:

www.lidonflamenco.com



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