

2026 Beijing Blues Bash Class Schedule 课程安排			
Thursday 周四			
Venue	Pub	20:00-21: 00 Lecture by Jamica 讲座	
		21:30-Mid night Welcome Party 欢迎舞会	
Friday 周五			
Venue	Jinshang	14:00-18:00 Teacher Training by Julie&Dan 教师培训	
		18:00-20:00 Group Battle Choreography by Mike&Jamica 斗舞编舞	
		20:00-21:00 Living Blues --by Damon and Brother Yusef 讲座	
Saturday 周六			
Venue	JinShang/main venue	Jinshang/Yoga Room	Jinshang/Star Room
Time/时间	Music/Martin Shuffle Time /Shuffle 的多样性	Partner Int /Kelsy&Damon Idiom Dance Stride	Solo Int/ Mike Groove&Isolation/ 律动和身体分离的和谐共处
11:00-12:00	The shuffle is one of the most iconic rhythms in the blues. Depending on the era, location, and artist, it has had, has, and will continue to have a different groove! It inspires different movements, playing styles, and ways of improvising. How many do you know? Shuffle 是布鲁斯音乐里最具代表性的经典节奏之一。随着时代更迭、地域差异与演奏者风格不同，它过往有着独有的律动，如今风格各异，未来也依旧会衍生出截然不同的韵律质感。这种节奏能催生出多样的肢体舞步、演奏手法与即兴创作方式，你又了解多少种呢？	In this class Damon and Kelsy will work on strengthening your fundamentals in Stride and challenge you to new creative heights. 本节课中，Damon和Kelsy将带领大家夯实 Stride 基础功底，并助力大家突破自我，挑战全新创意。	To make the Blues come alive in your movement, you need to build up body awareness and control. We will take our time to develop mind-muscle connection and begin layering movements. “Drills build skills.” - Bhudda Stretch 想要让布鲁斯的律融入肢体动作、尽显灵动韵味，你必须建立身体感知力与肢体控制力。我们会循序渐进，培养身心与肌肉的联动默契，逐步学习动作层次叠加。 “练习助力真功。”——布达·斯特雷奇
	Music/Jessie&Shawn Conversational Dynamics: Singers & Instruments 歌手与乐器的对话	Partner Int /Julie&Dan Lag/ 多重视角下双人舞中的延迟	Solo Int/Kelsy Mastering Musical Transitions/ 具有音乐性的转换
12:10-13:10	What happens between the singer and the band behind them? This class explores the rich, conversational dynamic between a vocalist and the rhythm and horn sections, translating that musical interplay onto the dance floor. 歌手与身后伴奏乐队之间会产生怎样的默契互动？本节课将探究人声演唱者与节奏组、铜管乐组之间饱满且富有对话感的律动关系，并把这种音乐间的呼应交融，转化为舞步上的肢体表达。	Lag is several things but at its core: an essential ingredient of blues dancing. In this class we'll explore the technique and artistry behind the different types of lag, how we can create it musically and in partnership, and why we use it in a dance. 延迟包含多重含义，但其核心本质是：布鲁斯舞蹈不可或缺的精髓要素。本节课我们将深入研习各类延迟背后的技巧与艺术表现力，讲解如何贴合音乐节奏、配合舞伴营造出这种律动感，以及如何在舞蹈中得以运用。	In this class, Kelsy will decode Blues music structures so you can anticipate and execute smooth, intentional movement transitions. You will learn to map your steps to shifts in the music, moving effortlessly between different rhythms and energy levels. By mastering these musical cues, your solo dancing will transform into a seamless, conversational dialogue with the song. 本节课上，Kelsy将拆解布鲁斯音乐的乐曲结构，帮助大家预判节奏变化，流畅且从容地完成动作衔接。你将学会根据音乐的节奏转变舞步，自如切换不同律动风格与情绪状态。吃透这些音乐信号后，你的独舞便能与乐曲融为一体，形成行云流水、如同对话般的沉浸式演绎。
	Music/ Brother+Damon+Kelsy Dancing to Fatback Blues/ 基于根源的现代布鲁斯	Partner Int/ Jamica&Mike New Orleans Blues /新奥尔良布鲁斯	Solo Int/ Dan Blues Rhythms/ 布鲁斯节奏的秘密
13:20-14:20	In this class Brother Yusef, Damon, and Kelsy come together for a class centered on contemporary Blues. Brother Yusef will discuss his personal Blues style named Fatback Blues and Damon and Kelsy will talk, demonstrate, and have you work on how to focus on the key distinctive elements to create a modern Blues dance within the living Blues tradition. 本节课由Yusef前辈、Damon,Kelsy 联合授课，课程聚焦现代布鲁斯风格。Yusef 前辈将分享其独创的 Fatback Blues 个人风格，Damon和Kelsy 则通过讲解、示范及练习带领大家掌握核心特色精髓，在传承正统鲜活布鲁斯底蕴的基础上，演绎出现代布鲁斯舞蹈。	Soak in the distinctive sounds of New Orleans Blues. Jamica and Mike will inspire you with shapes, angles, rhythm, connection, and more to match the feel of this style. 沉浸感受新奥尔良布鲁斯独有的韵味曲风。Jamica和Mike将从身形姿态、肢体角度、律动节奏、搭档默契等多个维度启发大家，贴合这种风格独有的氛围感。	This class is an exploration of rhythm! We'll identify some rhythmic patterns that are present in Blues, how we can express them in different ways throughout the body, and how we can layer it over the music. 本节课专为探索节奏而生！我们将梳理布鲁斯音乐中经典节奏，学习如何运用全身肢体以多样形式演绎这些节奏，以及如何将节奏层次融入乐曲之中。
	Partner Adv/ Jamica&Mike Level Up Your Struttin'! /炫酷变化的 Struttin	Solo Adv/ Julie Feeling the Blues/ 身体的乐器	Beginner/ Jessie&Shawn Finding Your Groove/ 寻找你的律动
14:30-15:30	Jamica and Mike will share their favorite ideas as well as guide you through the process of creating your own. Jamica和Mike会分享自己的心得妙招，同时全程带领大家一步步打造属于自己的专属创意。	Come explore the beautiful range of stories, themes, and moods that blues music conveys, and some ways we can express them! In this class, we'll listen to lots of different music, find different moods and feelings in blues, and explore tools we can use to express these in our solo dancing. 一同探寻布鲁斯音乐所承载的丰富故事、主题与情绪意境，学习多样的表达方式。课堂上我们将聆听各类布鲁斯曲目，感知其中截然不同的心境与情感，掌握独舞中诠释这些情绪的实用技巧。	Every great dance starts with a solid, rhythmic foundation. In this class, we will break down the essential body mechanics needed to move comfortably and confidently to the music. Because different songs have different rhythms, we will focus on the idea that there is no single "right" way to feel the music. Through both solo and partnered exercises, you will learn how to train your body to match the music's underlying groove. 每一支精彩的舞蹈，都始于扎实稳健的节奏功底。本节课我们将拆解核心肢体发力原理，让你从容自信地跟随音乐舞动。不同曲目有着各自的节奏韵律，因此我们秉持一个理念：感悟音乐本无唯一标准答案。通过独舞与双人配合练习，你将学会训练身体，精准契合音乐内在的核心律动。
	Partner Adv/ Kelsy&Damon Gimme A Beat/ 给我一个 Beat	Solo Adv/ Jamica Bluesifying Chinese Folk Dance/ 民俗舞带来的启发演绎	Beginner/ Renska Using the Riffs in the Music /巧用音乐中的重复段落
15:40 --16:40	In this class we'll examine the traditions of Hoofing, Buck, and Flat Footing, three different but related styles of percussive dancing and how to use them while dancing to Piedmont Blues and break time beats, the music they developed along side, but also how to use these skills to emphasize any type of Blues music. 本节课我们将研习 Hoofing、Buck、Flat Footing这三种风格各异却渊源相通的打击类传统舞步，学习如何在演泽皮德蒙特布鲁斯与间歇节奏时运用这些舞步——这类舞步正是伴随此类音乐发展而来；同时也会教学如何活用这些技法，适配	This is the class where Jamica will facilitate and exchange between blues dances and local cultural dances. Students and Jamica will explore what's similar and different, and play with bringing the two together. 本节课 Jamica将带领大家探寻布鲁斯舞蹈与本土民俗舞蹈之间的交融互通。学员将与老师一同梳理两类舞蹈的异同之处，并尝试融合二者风格进行创意演绎。	In this class students will learn about hearing riffs in the music. How it can be used next to the beat or rhythms (and/or how they relate). At the same time, we will explore either with different movements/bodyparts or playing with the riff rhythmically. 本节课学员将学会聆听乐曲中的重复段落，掌握如何贴合节拍与律动来运用这些重复段落，以及理清彼此之间的关联。同时我们会尝试运用不同肢体动作、身体部位，或是以节奏化的方式去演绎呼应这些重复段落。
	Partner Adv/ Julie&Dan Beyond the Steps: Jazzy Expression/ 爵士布鲁斯的自我表达	Solo Adv/ Damon Blues People Time/ 布鲁斯人的节拍—浑然一体	Beginner/ Ilman Shake Your Hips/ 摆起你的臀
16:50 --17:50	This class will focus on how we use our bodies—not just steps or footwork—to express ourselves in ballroomin' blues dances. We'll explore how followers can show their own ideas even in close embrace, and how leaders can express themselves beyond just moves. 本节课着重讲解在舞厅风格布鲁斯舞蹈中，如何运用肢体而非仅靠脚步来抒发自我情感。我们会探讨跟随者即便在亲密连接中，也能展现个人表达，同时也讲解领舞者如何在动作之外抒发自身情绪与想法。	When musicians play behind the time keeping beat they often refer to it as being “in the pocket.” In this class we'll explore how to push and pull the beats to create dynamic tension and how to develop a loose relationship with time without ever being “offbeat.” 乐手们从容演奏时，常将这种状态称作“浑然一体”。本节课我们将学习通过收放把控节拍，营造富有张力的律动层次感，掌握松弛自如地拿捏节奏的技巧，全程做到节拍稳而不乱、绝不跳拍失准。	Blues dance is rooted in rhythm, groove, and expressive hip movement. Learn how to move your hips naturally, connect with the music, and discover your own unique style. 布鲁斯舞蹈根植于节奏、律动以及富有表现力的髋部动作。学会自然摆动臀部，融入音乐的韵律，找寻属于自己独有的舞蹈风格。
Venue	Jinshang	19:45-20: 30 DFW SwingOut --by Damon&Kelsy	
Sunday 周日			
Venue	JinShang/main venue	Jinshang/Yoga Room	Jinshang/Star Room
Time/时间	Partner Adv/Kelsy&Damon Rhythm&Blues /节奏布鲁斯	Solo Adv/ Dan Textures with Our Feet/ 不同质感的脚步变化	Beginner/ Lucas&Penny Connection&Partnership/ 双人舞中的连接和搭档
11:00-12:00	As times changed for Black people in the United States, music and movements changed with them. We'll look at how Blues and Swing dancing adapted by focusing on a living R&B dance. By comparing and contrasting Blues music and dances to this contemporary style you'll gain a better understanding of Black movement and the cultural values that inform it these insights will also improve your Blues dancing. 随着美国非裔群体所处的时代不断变迁，与之相伴的音乐与舞蹈也随之演变。本节课将以现存节奏布鲁斯舞蹈为核心，梳理布鲁斯舞与摇摆舞的适配脉络。通过对比布鲁斯音乐、传统布鲁斯舞蹈与之相对应的现代风格异同，你将深度理解非裔肢体表达的内核，以及支撑这套肢体文化背后的价值理念。这些认知，也能反过来精进你的布鲁斯舞蹈功底。	This class is about adding texture to your dance by changing the way your feet interact with the floor. We'll take inspiration from tap, sand dancing, and maybe flat footing to add a combination of rhythms and feels that easily fit into both partner and solo dances. 本节课将通过脚部与地面的不同接触方式，为你的舞蹈增添丰富质感。我们借鉴 tap、sand dancing, flat footing 的律动特点，融合多种节奏与韵律风格，打造既能适配双人搭档舞、也适用于单人独舞的灵动舞姿。	A quality connection goes beyond mere movement transfer;it is a mutual dialogue.This lesson helps you build steady, comfortable connection. You will learn to listen, respond, and co-create dance with your partner, letting music flow naturally through your interplay. 良好的连结不只是动作的传递，更是彼此之间的对话。这节课将带你建立稳定舒适的 connection，学习如何倾听、回应并与舞伴共同创造舞蹈，让音乐透过两个人的互动自然流动。
	Partner Adv/ Julie&Dan Partnered Conversation & Axis Shifts /双人舞中的身体轴线	Solo Adv/ Mike Top Priorities/ 向内生长	Beginner/ Hohwan Step 1,2,3/ 舞步本源：重心根基
12:10-13:10	In this class, we’ ll explore how an awareness of yours and your partner's axis can add precision and unlock more connected, creative opportunities in a dance. We’ ll work on leads’ ability to read a follow’ s balance point, while exploring follows’ creative options for expression with this concept in mind. 本节课我们将学习感知自身与舞伴的身体轴线，借此提升动作精准度，挖掘舞蹈中更具默契、更富创意的演绎空间。课程将训练领舞者读懂跟随者的重心平衡点，同时引导跟随者依托这一原理，拓展多元化的创意表达形式。	Mike will share the most important things that he thinks are missing in solo Blues around Asia right now. We will explore different ways of working on them, with the goal of finding movement from the inside out rather than outside in. Mike将分享他认为目前亚洲地区单人布鲁斯舞蹈中最欠缺的核心要点。我们会研习多种练习方法，力求做到由内而外抒发肢体律动，而非单纯流于外在动作模仿。	The steps in dance are not just walking. It's important to know if you've moved your center of gravity completely. The steps are also below the ground and co-exist on the music. It is an important basic class that allows you to combine multiple steps from one step and match your steps to any music. 舞蹈里的舞步绝非简单的行走，明确自身重心是否完成完整转移至关重要。舞步亦有沉于律动深处的底蕴，与音乐浑然相融。这是一门核心基础课程，能让你从单一舞步延伸组合出多样步伐，轻松适配各类区风。
	Partner Adv/ Jamica&Mike Funky Good Time/Funky 的美好时光	Solo Adv/ Kelsy Embracing Emotional Contrast/ 拥抱情绪对比	Beginner/ Chloe&Philo Flowing Through Partnership/ 双人舞中的共鸣
13:20-14:20	Funk Blues! You know Jamica and Mike love it. This class will be taught in layers so that it works for multiple experience levels. For example, if you already know funky butt, we will show you how to layer things on top of it and create your own variations. If you do not know funky butt, you can take the same layers and put them on a simpler step. 放克布鲁斯！大家都知道 Jamica和Mike格外钟爱这种风格。本课程采用分层教学模式，适配不同舞蹈基础的学员。如果你已经掌握一些基础知识，我们会教你在此基础上叠加律动技巧，创编专属变式动作；即便你还不熟悉，也可以把基础律动融入简易舞步中练习。	This solo class explores how Black music is transformative and often expresses two or more things at the same time. Come work on embodying emotional conflict by connecting with the core of solo blues through grounded rhythms, pulsing, and expressive improvisation. You will discover how resilience and emotional depth are core to the Blues. 这节课独舞课程将探究黑人音乐独具的感染力，这类音乐往往能同时传递多重情绪与内涵。跟随沉稳律动、肢体起伏律动与富有情感的即兴演绎，深入体悟单人布鲁斯内核，学习用肢体诠释内心的情绪矛盾。你将领悟到，坚韧的精神力量与深沉的情感底蕴，正是布鲁斯文化的核心精髓。	How can followers express themselves without losing connection? How can leaders create space without losing clarity? In this class, we'll explore the balance between freedom and responsibility, creating a partnership where both dancers can listen, respond, and contribute to the conversation. 跟随者该如何在不打乱双人默契的前提下展现自我？领舞者又该如何留出演绎空间，同时保持动作指令清晰明确？本节课我们将探寻自由发挥与默契配合之间的平衡，打造双向同频的搭档状态，让双方都能彼此感知、顺势回应，共同完成这场肢体对话。
	Music/ Martin Call and Response/ 呼应应答	Partner Int /Jamica&Mike Powerful Partnering/ 借力共舞	Solo Int/ Shawn Composing in the Moment/ 即兴构思
14:30-15:30	The Call-and-Response motif is one of the most fundamental characteristics of African American music. Through singing, instruments, and movement, we will explore various examples and practices. 呼应应答模式是非裔美国人音乐最核心的特色之一。我们将结合演唱、乐器演奏与肢体律动，学习多种经典范例并展开练习。	This class you will learn how to rely on your partner by sharing weight, then use this skill to create things that are physically not possible without a partner. 在本节课中，你将学习通过重心借力，依靠舞伴，再运用这项技巧，完成独自无法实现的肢体配合动作。	This solo blues class digs into composition - how to build a phrase, a moment, an idea while you dance, rather than just stringing movements together. We'll explore tools for creating contrast, tension and release, repetition, and surprise, so your improvisation feels intentional and engaging to watch. Come ready to play with structure and make choices that tell a story. 这节课单人布鲁斯舞蹈课深耕舞蹈编排构思：如何在舞动时搭建完整舞句、营造情绪瞬间、表达内心想法，而不是单纯生硬堆砌动作。我们将学习打造层次反差、收放律动、重复韵律与灵动巧思的实用技巧，让你的即兴舞蹈立意鲜明、极具观赏性。尽情尝试编排节奏架构，用每一处动作选择诉说独属于你的舞蹈故事。
	Music/ Jessie&Shawn Dynamics, Contrast, and Intensity/ 强调张力与情绪表达	Partner Int /Julie&Dan Hill Country Blues /山地乡村布鲁斯	Solo Int/ Jamica Sexy Not Sexy/ 拿捏氛围感
15:40 --16:40	How do we physically express the passion and power we hear within the music? This class dives deep into the dynamic range of your dancing; expanding your awareness of the music so you can develop your own voice as dancer. Focusing on the smallest detail of a single note to the larger stylistic choices of the whole song, we will build a vocabulary of your own style, scaling your movements from a whisper to a roar, transitioning our motion from smooth to sharp, all while listening deeply to the music. 我们该如何用肢体，诠释出音乐里蕴藏的热情与力量？这门课程深度挖掘舞蹈的情绪张力层次，提升你的音乐感知力，提升自己的声音。从单个音符的细微律动，到整首乐曲的整体风格演绎，我们逐步搭建专属个人的舞蹈表达体系。让舞姿从轻柔低吟逐步释放为磅礴迸发，动作韵律在流畅舒展与利落铿锵之间自如切换。	This class is an exploration of Blues music from northeast Mississippi—called Hill Country blues. We'll immerse ourselves in the style and artists, understand the core elements in the music, and find the ways to dance that feel like this music. 本节课带你探寻密西西比东北部的布鲁斯乐风——山地乡村布鲁斯。我们将深度沉浸感受这种曲风与代表音乐人，吃透其音乐核心特质，摸索出贴合该曲风的舞蹈演绎方式。	In this class, Jamica will give tools for navigating sensuality and connection within Blues. 本节课上，Jamica 将传授技巧，教大家在布鲁斯舞蹈中拿捏风情韵味，把握布鲁斯舞蹈中的情感默契。
	Music/ Brother Living the African American Experience 体悟非裔美国人的布鲁斯生命底色	Partner Int / Jessie&Shawn The Quietest Dance/ 无声胜有声	Solo Int/ Julie All About Arms/ 无处安放的手臂
16:50 --17:50	The purpose of this discussion is to understand why the blues exist. Beyond the steps, beyond the musicality, beyond any "formal" techniques. This goes beyond simply having the blues or being sad. It is an expression of living the African American experience. What it means to a culture shaped by two centuries of continuous oppression and how that music became the means of survival in a society that denies them their humanity. Imagine, a music so strong it heals every soul that hears it. 本节课旨在探寻布鲁斯音乐存在的本源意义，抛开舞步、乐感与一切制式化技巧不谈。这份内涵远不止抒发愁绪、流露悲伤那么简单，它是非裔族群生活经历的真情流露。历经两个世纪长久压迫所形成的族群文化有着怎样的精神内核，而这类音乐又如何在漠视人性的社会环境中，成为人们赖以存续的精神依托。试想这股充满力量的旋律，能够抚慰每一个聆听者的心灵。	Sometimes the most profound connection happens at the lowest volume. This class focuses on the beauty of a quiet, calm, and deeply tuned-in partnership. We will learn how to listen for—and effortlessly respond to—the smallest, most subtle physical cues from our partner and the music. 有时最深刻的默契联结，往往藏在最轻柔的声音中。本节课主打沉静安然、心神相融的双人共舞之美。我们将学会捕捉舞伴与音乐间那些细腻至极的肢体信号，并从容自然地做出回应。	Arms, those pesky limbs! They can enhance your dancing or take an otherwise -great movement and make it look awkward. Learn some general principles for making your arm movement look good. 手臂，这对容易出问题的肢体！运用得当能为舞姿增色，稍有不慎便会让原本流畅的动作显得生硬别扭。本节课带你掌握手臂优美律动的通用技巧。
Venue	Jinshang	18:00-19:00 DJ class- by Dan	