

Shag Workshops

taught by professionals

Sam & Lisa West

Saturday, August 21 12:00 noon—12:45 & 12:45—1:30

\$10 pp per workshop or \$15 pp for both

Sam West began dancing at age 9. As a junior shagger he won two National titles with Terri Alberty. Terri's father, the famed shag dancer Shad Alberty, significantly influenced Sam's dancing career.

In 1994, Sam, with his partner Melissa Calabrese, won the Non-Pro National title and became Overall National Shag Champions. He partnered with his sister, Sarah in 1995 and they went on to capture eight Professional Division titles and four Overall titles.

Sam also won the Pro and Overall shag titles in 2001 with Jackie McGee and again in 2006 and 2007 with Jessica McAlhany.

Sam is a six time champion of the Carolina Shag Division of the USA Grand National Dance Championships and a three time US Open Shag Champion. He has also been a member, captain and choreographer for the National Shag Dance Championship Team.

Lisa is accomplished in County Western dance, waltz, east and west coast swing, polka and cha-cha. She competed on the swing and cabaret circuit with Barry Durand. Together they won the 1997 US Open Cabaret Championship and were two-time winners of the American Swing Dance Championship in the Showcase Division.

Together, Sam & Lisa have promoted the shag throughout the US and in several foreign countries.