

ALONZO KING'S
LINES BALLET



SAN FRANCISCO
DANCE CENTER

Introduction to Dance

with
Sally Miramon

Sun 10 - 11:30 am

Tue 6 - 7:30 pm

Thu 6 - 7:30 pm

Introduction to Dance

classes are designed to introduce the beginning adult student to dance terminology, kinesiology, musicality and basic dance exercises. Class emphasizes proper alignment and movement in accordance with the type of body, and limitations that each individual possess. The goal of the class is to prepare the student's body and mind to take more advanced dance classes.

Sally Miramon was trained at the University of Utah and has over twenty five years of ballet training, and over ten years of ethnic dance training. She has trained and taught with Ratimir Antic Esq., M. La Nova, Ron Guidi and Yehuda Maor. She has performed with the Utah Festival Ballet, Theatre Ballet

of San Francisco, Pacific Dance Theatre, Pepper Smith's Arabesque, Amorfia and Kathy's Dance Inspirations. Her dance experience includes being assistant director, ballet mistress, choreographer and costume designer.



San Francisco Dance Center

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