

# UPTOWN *Swing*

Hey everyone!

Welcome to Stockholm, Sweden and UpTown Swing 2026! Even though we run WSDC registry comps, we like to see our event as a social one first and foremost. We want to leave space for interaction with one another, hang out, get to know people more and have lots of time for amazing social dancing. We've created a schedule that we hope leaves room for exactly that. If you need our assistance with anything, please reach out to us at registration or look for one of our staff members. Other than that, dance your hearts out, mingle, party, learn, but most importantly, have fun! - UpTown Swing Crew

## FRIDAY

| Time           |                                                     |
|----------------|-----------------------------------------------------|
| 12.00          | Event registration opens                            |
|                | Workshops                                           |
| Time           | Ballroom                                            |
| 13.00 - 14.00  | Intensive Sean & Alyssa - ART vs Structure*         |
| 15.00          | Comp registration opens                             |
| 14.15 - 15.15  | Intensive Sean & Alyssa - ART vs Structure*         |
| 15.30 - 16.30  | Intensive Sean & Alyssa - ART vs Structure*         |
| 16.40 - 17.50  | Henri Karvinen - Choreographing your mind - Seminar |
| 19.30          | Event & Comp registration closes                    |
| 17.50 - 18.50  | Kevin & Aggie                                       |
| 19.00 - 20.00  | Igor & Fernanda                                     |
|                | Social Friday - Bar Area/Main Ballroom              |
| 20.00          | Meet & Greet + Party Playground                     |
| 21.00 - ??..?? | Friday Night party - Short Song Social! **          |
| 23.00          | SHOWTIME! - Teachers jam                            |

\* NOTE! Pre-registration required. Check the website for pricing and content description!

\*\* Our Friday evening and party sets the tone for the weekend! To make it extra social, the songs played by our DJs between 21.00-23.00 will be shorter or faded out around the 2-3 min mark so you can enjoy dancing with more people since more songs will fit inside that same time frame.

## SATURDAY

|               |                                                                     |                 |
|---------------|---------------------------------------------------------------------|-----------------|
| Time          |                                                                     |                 |
| 09.30 - 11.00 | Event + comp desk is open - Final call                              |                 |
|               | Comps Ballroom - Workshops Conference Area                          |                 |
| Time          | Ballroom                                                            | Alpha           |
| 10.00 - 11.00 | Team Fergie *                                                       | Team Kevigor *  |
| 11.00 - 12.00 | Team Emyssa *                                                       | Team Jean *     |
|               | LUNCH TIME!                                                         |                 |
| 12.45 - 13.00 | All - Star Prelims                                                  | Warm up music   |
| 13.00 - 13.45 | Novice Prelims                                                      | Kevin & Aggie   |
| 13.45 - 14.00 | Newcomer Prelims                                                    |                 |
| 14.00 - 14.30 | Novice Semis                                                        | Igor & Fernanda |
| 14.30 - 15.00 | Intermediate Prelims                                                |                 |
| 15.00 - 15.30 | Advanced Prelims                                                    | Jakub & Emeline |
| 15.30 - 16.00 | Intermediate Semis                                                  |                 |
| 16.00 - 16.30 | Sophisticated Prelims                                               |                 |
| 16.30 - 16.45 | Sophisticated Semis                                                 |                 |
| 16.45 - 17.00 | Masters Prelims                                                     |                 |
|               | JnJ Finals Ballroom                                                 |                 |
| 17.00 -18.15  | JnJ Finals - Newcomer, Novice, Intermediate, Sophisticated, Masters |                 |
| 20.00         | Saturday Night party                                                |                 |
| 21.00         | JnJ Finals - Advanced + All Star                                    |                 |
| 23.45         | Awards + SHOWTIME!                                                  |                 |

## SUNDAY

|               | Workshops                               |                 |                 |
|---------------|-----------------------------------------|-----------------|-----------------|
| Time          | Ballroom                                | Alpha           | Charlie         |
| 11.00 - 12.00 | Igor & Fernanda                         | Jakub & Emeline | Sean & Alyssa   |
| 12.10 - 13.10 | Kevin & Aggie                           | Jakub & Emeline | Sean & Alyssa   |
| 13.20 - 14.20 | Kevin & Aggie                           | Igor & Fernanda | SMC Practice    |
| 14.30 - 15.30 | Jakub & Emeline                         | Sean & Alyssa   | Igor & Fernanda |
| 15.40 - 16.40 | Sean & Alyssa                           | Jakub & Emeline | Kevin & Aggie   |
| 17.00 - 19.00 | DOWN TIME! (Pool, Gym, Power Nap, etc.) |                 |                 |
|               | DINNER TIME!                            |                 |                 |
| 19.00 - 21.00 | Free practice in Ballroom (Playlist)    |                 |                 |
| 21.00 - ??.?? | Sunday Night party                      |                 |                 |
| 22.00         | Solo Movement Challenge                 |                 |                 |

\* NOTE: Solo Movement Challenge - Routines will be showcased on Sunday evening!

## WORKSHOP LEVELS

**Grey Track** Open level - These workshops are for all our guests

Open to everyone! The open level are classes for all dancers of any level to attend. Generally these classes tend to be more about having fun and sharing the joy of the dance. The content is adapted so all participants can learn from it and it adds energy and atmosphere to the event.

**Green Track** Voluntary JnJ level recommended - Newcomer & Novice

You are fairly new to WCS and perhaps taken an intro course at a local dance studio or similar. Still, the International traveling is somewhat out of your comfort zone. But you try to attend socials, maybe some weekly classes and events in your hometown. You are working on your basics and also want to learn more material to better understand the fundamentals of WCS.

**Blue Track** Voluntary JnJ level recommended - Novice

You are very familiar with your basics, travel occasionally to international events, social dance on a very regular basis and have already endured a few novice comps or you are considering it. You feel confident dancing all basic patterns, turn, etc. You want more variety, learn new moves, technique styling to be able to play more.

**Yellow Track** Mandatory WSDC JnJ level required - Intermediate

You are competing in intermediate, travel to international events on a regular basis and you social dance every opportunity you get. Your body awareness is at a higher level where you can start to distinguish when technique is lacking. You want to incorporate more isolations, foot work and enhance your skills inside of the partnering.

**Red Track** Mandatory WSDC JnJ level required - Advanced points or more

This is a fast paced workshop level for those close to moving up to, or already in the Advanced and All-Star division. No audition will be available for this track. We ask you kindly to respect the levels set aside. Note that both volunteer staff and instructors will be monitoring and obviously also allowed to recommend or ask and attendee to change to a lower level if they feel it's necessary.

## WORKSHOP GUIDELINES

Although some workshops are open to everyone and you could technically attempt to attend one level up or down, We want EVERYONE to enjoy and get the most out of the workshops this weekend. This means being realistic and ONLY attending workshops that are appropriate to your current knowledge level of WCS. Please respect this and be fair to your fellow dancers. If you are struggling, you are most likely NOT in the right level. The Yellow and Red track are locked for their specified WSDC JnJ level and we 3 levels accesible for Newcomer and/or Novice dancers. The pros will be monitoring while teaching to make sure everyone are in the appropriate class of their current dance abilities. They have the authority to recommend another track if necessary. To get an idea of what workshops you can attend, please follow the definitions above or ask one of our staff members for further advice. Thank you!

Green can also assist both Gray and Blue labeled workshops

Blue can also assist both Grey and Green labeled workshops

Yellow can also assist Blue labeled workshops IF there's space available during that time slot

Red can also assist Yellow labeled workshops IF there's space available during that time slot

NOTE! The schedule and workshops guidelines are preliminary and subject to change. Be on the lookout for any updates that may be posted on the website, FB event page and/or our instagram account.



# UPTOWN SWING SOLO MOVEMENT CHALLENGE



## ARE YOU READY?

The UpTown Swing Solo Movement Challenge has become tradition and our event's most unique feature! 2 of the solo classes offered during the weekend (Tagged SMC) are set up as follows:

1 split hour for level 1+2 where Fernanda and Aggie will team up in one room, while Rolf and Kevin will team up in the other. For level 3+4 it will be the same setup but the coaches will be Emeline and Alyssa in one room, while Jakub and Sean team up in the other! The choreos created will not be partner driven but obviously the content will be useful when you are dancing with a partner, meaning it's something you can incorporate into your WCS later on.

Worth noting is that it won't necessarily be dance role specific. The coaches have full creative freedom into their respective class and also song choice. The difficulty level will follow the workshop description you read above. However, the classes will be open to all levels regardless. So if you want to rise to the challenge and learn 2 routines, go for it...

Team Fergie, Team Rolvin, Team Emyssa or Team Jean!

Now, aside from all the cool steps, movements, etc. you will be learning, there's an added twist to it. The routines created by our pro duos/teams will also be used for an amazing dance off on the Sunday night... That's right, we are going into full-scale battle mode! Since UpTown Swing has always had a bit of an urban theme going on, we figured it was time to go all in. so what better way to do it than to engage the whole crowd in this epic experience?

NOTE! It will NOT be mandatory to perform! The content will be useful anyway. We understand that not everyone may feel comfortable being on a stage and obviously we don't want anyone to feel the pressure of having to do the show part. If you don't want to be up there with the spotlights on, you can sit comfortably on the sidelines and cheer the rest of your team on. The crowd will decide who the winner is by applause and cheer intensity so your team will be depending on your love and support. This way, even during the performance, everyone's included!

4 coach duos = 4 choreos in 1 amazing showdown, where the crowd will vote for their favorite to declare the winning choreo of the Solo Movement Challenge! Kind of like SYTYCD meets The Voice! Which duo will be crowned winner? Aside from us getting to witness the routines created by our resident pros and their students, it's going to be an awesome way of bringing up the energy for the last party night of the weekend!

We are stoked to bring this experience to our community and hope you guys enjoy it to the fullest!

## GENERAL INFO

### Competitor Numbers (BIB)

Must be pinned at all four corners and worn, on your back, hips or bottom. Do NOT wear on your arms or legs. Keep your BIB number on for the duration of the competition. In the preliminary rounds of Jack & Jill Divisions both leaders and followers wear their own distinctive numbers.

### Before each competition

All competitors are recommended be in the Ballroom at least 15 minutes before their division is scheduled to start. The comp schedule is very tight, so don't be late! If you are not present for the lineup, you will not be allowed to compete! For all WSDC Jack & Jill prelims, please be waiting in the competitor's area behind the elevators right outside the Ballroom. Please pay attention to staff instructions. Our staff will line you up in the correct order.

### During competition

Check your position while standing in line (try to remember who is next to you). Please stay focused on the comp information given by our MC for any changes that may occur during the competitions. When you are called out for your division, walk onto the dance floor with your marshalling staff and wait for the MC's instructions.

### Results

After the preliminary rounds, the list of semifinalists and finalists for each division will be posted in the line-up area and on the FB event page. It is each and every competitor's responsibility to check if you made semi-finals and/or finals of any of your divisions. If you are called out and you are not in place, your spot will be given to the first alternate ready to go. Placements and winners will be announced at the Awards Ceremony on Saturday. After the event, all competition results with respective WSDC points will be published on our FB event page.

### Wristbands

Make sure you wear your event wristband at all times. You need it to enter all of the weekend activities. On occasion, while on the floor, a member of staff might ask you to show it. Please be kind to them and display your wristband clearly at that time as well as when you enter the room. If you lose it you are liable to pay a fee for a replacement.

### Take care of the dance floor!

Please help us take care of the beautiful floors in the ballroom. Avoid dropping drinks, liquids, food, chairs, tables, etc. Try to stick with standard recognised dance shoes rules. Suede or leather sole, Toms, indoor shoes, etc.

### Photography and filming

Our official event videographer is present throughout the event, but you are allowed to click away as you please. Feel free to share your videos and photographs with us. You can also tag them and post them on the event page. You are allowed to film contests. But we encourage you to ask if filmed content is ok to share online. We will have a live stream who's in charge of all that. You can also post links on our FB page. Remember that if you are part of the event, you might get tagged. If a photo of you coming from our sources appears on social media and you do not approve of it, notify us and we will take it down.

### Workshop Notebook

At the end of each workshop your instructors are invited to give a demonstration of what has been taught for you to film. We ask of you to please respect the content, don't share it on the internet and film only at the end of every workshop, not during. Note that you are only allowed to film the workshops you have personally attended!

### Disclaimer

West Coast Swing events is a physical endeavour and dancers participate during all times at their own risk, fully accepting and understanding that the organisers and any service providers to them cannot be held liable under any circumstances. Please be careful with your bags and personal property at all times. Do not carry valuables or important possessions. The organisers and Scandic staff hold no responsibility for your bags or personal property.

### Water, food & drinks

Water is unfortunately not available outside the ballroom anymore. Swedish tap water is known though for its good taste and high standard quality. Bring your own water bottles and fill them up in your room or lavatories at your own convenience. If you haven't booked planned to eat at restaurant Rönnerdahl's, there are restaurants and a supermarket nearby. Also, please do try to support the hotel bar so that the Scandic staff are pleased with our presence and want us back!



## CODE OF CONDUCT

In times like these, even though some of the information in this section should go without saying, to help secure the surroundings that we feel responsible for as event organizers, we would like you to take a moment and read these simple guidelines so that everyone can feel safe and well taken care of during this weekend of fun we are here to share with each other...

### Being a good event attendee

Be respectful to your fellow attendees. Many attendees will be happy to meet you and dance with you. Some will not. We all need to be cool with that. It is okay for any person to decline a dance (or multiple ones) with any person; you do not have to give a reason. Dancing with someone is not a right. If someone says "no" to a dance, please accept that response graciously. If the person tells you "no" repeatedly, please stop asking them to dance and as mentioned in the workshop and dance etiquette section, don't offer unsolicited advice to fellow dancers either in class or on the social dance floor.

Try to use your full range of senses on the dance floor to avoid accidental collisions and injuries. It is every dancer's responsibility to be aware of their own and their partner's movement and position, as well as the movement and position of the dancers surrounding them to avoid all forms of dangerous contact. If you do collide with someone on the dance floor, offer an apology, even if you are not at fault.

Be respectful to event staff, even if you are experiencing a personal frustration. Without the goodwill of these individuals, a smoothly functioning event is impossible.

Please be aware that another person's boundaries may be different than your own. If you by any chance accidentally touch someone in an inappropriate way, even if you weren't aware the touch was deemed inappropriate, please apologize. If someone mentions that a particular way of moving is painful to them, just say you are sorry and avoid that movement in the future, even if you don't understand why.

No forms of harassment will be tolerated. Harassment includes offensive verbal comments (related to gender, age, sexual orientation, disability, physical appearance, body size, race, OR religion), sexual images in public spaces, deliberate intimidation, stalking, following, harassing photography or recording, sustained disruption of workshops or other events, inappropriate physical contact, and unwelcome sexual attention. Participants asked to stop any harassing behavior are expected to comply immediately!

If such behavior would still take place, as event organizers we reserve the right to take any action we deem appropriate, including warning the offender, resulting in potential expulsion from the event without refund, and/or expulsion from all future events. If you are being harassed, notice that someone else is being harassed, or have any other concerns, please contact a member of event staff immediately. We will be happy to help participants contact the event directors, local law enforcement or otherwise assist those experiencing harassment to feel safe for the duration of the event.

Finally, be aware of your own boundaries and physical needs. Do not neglect your health, remember to sleep properly, wash your hands frequently, and remember to take your medications if applicable.

We expect all participants to understand and follow these rules for the duration of the entire event! We understand that these may be sensitive issues to bring to light but they are important to us, because we really do want everyone to feel welcome, without the pressure of things occurring during the event that could ruin, not only the experience of the weekend, but also leave scars for the future. Even if it's "just" a bad taste or overall unpleasant memories from our beloved dance and thus the community as a whole.

And now that we've cleared the air, let's help each other out and make the most of the weekend - Enjoy!