



NYC Lifestyle

August 16, 2024

Let's Dance!

Dive into the city's vibrant dance culture with our list of the best shows, workshops, and festivals. Whether you're a seasoned dancer or just looking for a fun night out, NYC Lifestyle has something for everyone.

Outdoor Dance Festival

As part of the Queensboro Dance Festival, [ten local dance companies](#) will perform at The Park at Athens Square in Astoria on August 27 from 6:00 p.m. to 7:00 p.m. The best part is, the event is free to attend!

Mothership Six

[Harlem Dance Club](#) will host the Mothership Six Dance & Music Festival on September 21 in Marcus Garvey Park. Performances will include Swing, Stepping, West African, Contemporary, Hip-Hop, and other dance styles. [Reserve your ticket for free.](#)

Accessible Dance Workshops

[New York City Ballet](#) offers [Access Workshops](#), one-hour movement classes for children and adults with disabilities. Classes are held at Lincoln Center and choreography is inspired by this season's performances.

Rock and Roll Playhouse

This family-friendly concert series will take place at [Brooklyn Bowl](#) throughout August and September featuring local cover bands. You can expect iconic songs from The Beatles, Talking Heads, Taylor Swift, and Queen. Tickets start at \$23 per person.



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Dance Fitness Classes

Free dance fitness classes are happening every day in parks throughout the five boroughs. View [NYC Parks' guide](#) to find classes in your area, including Zumba, Salsa, and Line Dancing.

International Salsa Congress

Celebrate the rich history of Salsa dancing at the [2024 New York International Salsa Congress](#). The weekend-long event in Midtown Manhattan features live concerts, workshops, and plenty of time for dancing. Evening passes start at \$82.

Bollywood Dance Lessons

Once a month, the [Rang de Bollywood](#) dance company holds a free Bollywood dance class in Midtown Manhattan. [Pre-registration is recommended for each event in the series.](#)

Cats: The Jellicle Ball

Through September 8, the Perelman Performing Arts Center is hosting an extravagant reimagining of Andrew Lloyd Webber's "Cats." [Cats: The Jellicle Ball](#) "moves the action from junkyard to catwalk" with Ballroom-inspired choreography. Tickets start at \$68.