

## Six Shot Classes

After completing all the previous classes to the satisfaction of teacher and student, dancers then have the choice of these classes which are shorter periods of time and vary in subject matter. No basics in any of the dances are taught here. These classes provide continue to challenge a student while providing variety that continues to offer the fun aspects of the activity.

## Group Classes

Learning to dance in a group situation is a wonderful way to begin your dance education. It's FUN in a social setting where you become aware everyone is sharing the same experiences of fun, confusion and more fun. It levels the playing field and creates a comfort zone.

One of the most valuable contributions a group class can make happens when you are invited to change partners. This is the most important contribution this class can provide: leaders strengthen their leading skills and followers learn to follow a variety of signals from different partners. There is no other way to get this experience unless you are a single person lucky enough to have a variety of partners each time you attend a public dance function.

*You also get some very important feedback:* if you are having difficulty with a move and that same challenge goes around the room with you, guess who needs to ask for clarification and some special attention!

## Private and Semi-Private Classes

Private classes (1 or 2 people) are available on a limited basis. These are highly recommended for *everyone* on an occasional basis (once every 3 or 4 months) if group classes are your primary source of learning.....they allow for refining troublesome issues particular to a couple.

They are also the answer to learning if a student has a demanding and erratic schedule that prevents regular attendance in a group class. Some students simply prefer private instruction. In this case, the private students would greatly enhance their learning experience by participating in an occasional group class. You learn a LOT from dancing with other partners in the same program.

Semi-private classes (2, 3 or 4 couples) are occasionally available. These work best for people who share similar approaches to learning and a desire for more individual attention from the instructor.

State of Ohio 2009

MLK

# Dance Program

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## STUDENT'S GUIDE



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## Learning Style

During your very first class I talked about “learning styles” and how it was my job to figure out what yours was. Some people have a very thorough approach to learning new things and they proceed at a pace that allows them to examine all aspects of the subject matter. This takes more time but they own the subject matter. Repeating a class occasionally may be the best choice for this learning style.

It is very important to note, however, that when learning a physical skill, the only way to perform at a comfortable and above-average level is to do the movements over and over and over until the muscle response is automatic and this requires zeroing in on all the technical details which are many.

Can't practice 2 hours a day?...try very hard to attend the Field Trips.

## Where Do I Go From Here?

Relax and enjoy your dancing journey at your own speed. Often dancers have questions as to where they should go next and I'm very happy to help in examining your options. Your comfort level is the MOST IMPORTANT thing.

A Syllabus is available to assist in self-evaluation. If you recognize all the steps and feel comfortable executing them, you are probably ready to move on. There is no real need to be in a hurry.....if you're enjoying the classes and still learning new material and ways to move, you're in a great place.

If you still have doubts, you are welcome to attend a class and see how it works and how you feel. Life is full of wonderful surprises and we may both be pleased with the results. I would like each of my students to be a standout on the dance floor but I don't want them getting ulcers on the way.

## Field Trips

Field Trips are an important part of the program. They are intended to provide you with your own feedback about your progress. Unless you take advantage of the opportunity for this facet of the Dance Program, you could very well affect the learning that takes place in the class. How many people do you know who said that they once took lessons and don't remember a thing? This is because they didn't use what they learned in the real dance world, assuming it would be there filed in their brain along side their multi-  
Student Feedback: what's 9 x 7/9/2008 and when they needed it. MLK

Dancing is a physical skill and it must be put to use as often as possible. It is intellectual in the initial learning stages only. You need to develop muscle memory and *feel* the movement to enjoy the activity fully.

## Basic Social Dance 101

In Basic Social Dance 101 you learn to dance with your *head* (lot of facts to process, connection to your partner, alignment, dance floor positioning, where to go, how to go, and, oh yes, steps to memorize). We learn about Slows and Quicks: a Slow equals 2 beats of music; a Quick equals 1 beat. At this point a student can definitely function on a dance floor but not without some assistance as to which rhythms to use or how to start. It is still an intellectual exercise! The *mind* is constantly directing the actions. It just isn't possible to get up and start dancing mindlessly to the music; it's still a challenge to figure out which rhythm should be used to the song being played and then do the memorized steps. When it comes time to automatically respond to the music, the students are still “dancing in the dark”.

The steps presented are “Universal” in that they can be used to dance to Waltz, Fox Trot/One Step/ Huggie Bear, Tango, Rumba, Swing and Cha Cha music. At the end of this first session, you will be able to make an informed decision about whether you *really* want to learn to dance.

## Basic Social Dance 102 ~ Smooth / Rhythm

This level allows the dancers to relax more and learn to ID the dance that best fits the music. Unlike the intro level which focused on movements and steps that were universal to 8 different dances, we will learn the unique characteristics of those dances and add a Fast Waltz to the mix. The Smooth class will address the Waltz, Fox Trot/One Step, and Fast Waltz. In the Rhythm class we will work on Huggie Bear, Tango and Rumba. We continue in these 2 classes to build upon and expand the material from BSD 101.

For the rest of your dancing life, you will be using the partnering skills, movement techniques and steps you learned in Basic Social Dance 101 and 102 when walking onto the dance floor. They are your foundation, regardless of how skilled or how many more steps you may learn. All advanced movements will build on your grasp of this material.

## SWING ~ CHA CHA

These are syncopated dances, using more steps than beats of music and they each warrant a full 9 or 10 week session to be fully enjoyed on the dance floor.