

Bailey Dance News



Dance Party Schedule:

December 3rd DJ Ivan Correa's Latin Dance We will provide water, soft drinks and snacks! You can also bring your own at your convenience. This is the Beginning of a new wave of "Healthy Events" to enjoy great music, dancing, friendship and "Cultural Exchange". As always... DJ Ivan Correa will play SALSA, Meringue, Oldies, Bachata, Vallenato, Hip-Hop, Reggeation and more. Starts at 9:30pm and cover is \$5 per person. 16 years old or younger require the company of Parent or Guardian. For more information call or email Chris at 205-281-8523 chris@baileydance.com or Ivan at 205-807-3062 ivancorrea@hotmail.com

December 3rd Ballroom Party moved to the 4th

December 4th Ballroom Dance Party with the Tradewinds Band. We will dance Waltz, Foxtrot, Cha Cha, WCS, ECS, Tango, Rumba, Nightclub and more. Dance from 8:00 to 11:00. Refreshments, light snacks and ice water will be provided. \$10 per person and please wear business casual attire.

December 9th Christmas-n-Dixie Kickoff Party Come join country and swing instructors from all over the world for a night of great social dancing. The best swing and country dancers from all over the world will be in town competing and performing Friday the 10th through Sunday the 12th... Don't miss this event! \$10 per person with a free Two Step Class from 7:00 to 7:30 and social dancing until 11:00.

December 10th DJ Ivan Correa's Latin Dance We will provide water, soft drinks and snacks! You can

What's New...

Plan to be with us on Dec 9th for the Flash Mob and the Christmas in Dixie Pre Party.

Flash Mob coming to Birmingham. We are teaching it on Wednesdays and will perform it in local malls all over the U.S. to promote West Coast Swing. We will perform it on Thursday Dec 9th with many out of town guest coming in for Christmas in Dixie. More details later but come learn the Dance and variations on Wednesday nights with Chris and Emily Bailey.

Another month of **extra guys** in most of our classes at Bailey Dance other than our Wednesday Swing Class. Just thought you ladies would like to know.

Zumba Classes to start in December more information next week.

We have over **fifty pairs of shoes** in stock and more on the way.

Salsa Sundays are back with amazing dance instructors Connie and Toshio if we can get enough dancers we can get a Rueda class going which is amazing. See video on our website.

West Coast Swing team being formed now for a performance in mid to late January at the Alabama Dance

Other News and Information

Bailey Dance Studio is located in Riverchase Plaza in Hoover Alabama just south of the Galleria on Hwy 31. The Studio is located in a safe convenient area with a wonderful parking lot. Bailey Dance has 4,100 square feet of new wood dance floor, 70 feet of mirrors and seating for all. Join us for Parties, Group Classes or Private lessons. Available for private parties. Call or email Chris for more information.

Second Foot Shoe

Box - See Chris if you are in need of dance shoes or you want to sell some that you don't use anymore. We have a consignment box of shoes that people are using to buy and sell shoes.

Dancers Tip of the Week

If you want latin motion then you must roll through your feet. Make sure to come to Drills 101 and I will show you 4 easy steps for latin motion. We will also do rise and fall and turning drills... This class is not just for women. See you next Thursday.

Dance Etiquette and Floorcraft

(1) Do not otherwise block the flow of the dance: Progressive dances always move counter-clockwise around the outer portion of the dance floor. If you want to be on the dance floor

also bring your own at your convenience. This is the Beginning of a new wave of "Healthy Events" to enjoy great music, dancing, friendship and "Cultural Exchange". As always... DJ Ivan Correa will play SALSA, Meringue, Oldies, Bachata, Vallenato, Hip-Hop, Reggeation and more. Starts at 9:30pm and cover is \$5 per person. 16 years old or younger require the company of Parent or Guardian. For more information call or email Chris at 205-281-8523 chris@baileydance.com or Ivan at 205-807-3062 ivancorrea@hotmail.com

December 11th Swing and Country Party Canceled... Come support Birmingham's largest dance competition (County, Ballroom and Swing) with lots of social dancing, group classes, exhibitions, and more (<http://www.christmasindixie.com/> for more information). Talk to Chris or Emily if you are interested in competing in the competition.

December 17th DJ Ivan Correa's Latin Dance We will provide water, soft drinks and snacks! You can also bring your own at your convenience. This is the Beginning of a new wave of "Healthy Events" to enjoy great music, dancing, friendship and "Cultural Exchange". As always... DJ Ivan Correa will play SALSA, Meringue, Oldies, Bachata, Vallenato, Hip-Hop, Reggeation and more. Starts at 9:30pm and cover is \$5 per person. 16 years old or younger require the company of Parent or Guardian. For more information call or email Chris at 205-281-8523 chris@baileydance.com or Ivan at 205-807-3062 ivancorrea@hotmail.com

December 18th Closed for Private Party... Book your next party at Bailey Dance via Chris asap.

December 24th and 25th Closed for Christmas!!!

December 31st New Year's Eve Dance and Pajama Party... more info TBA. The

Festival. Contact Chris for more information.

November Class information

Sunday Class:

Waltz Class 5:00 to 5:30 The name of the waltz is taken from the Italian 'volver' - to turn, or revolve. It was an outgrowth of the landler, a country dance in three-quarter time, and replaced the heavy hopping and jumping movements with more polished and graceful gliding. It has not always been the prestigious dance it is today. It was rural people who first found these whirling steps so appealing. And so, the waltz originally was decidedly low-brow and provincial. In those days, there was something unsavory about a woman being gripped in a man's embrace while whirling around the dance floor. Join Chris Bailey to learn some wonderful social Bronze/Box Waltz done with rise and fall (rise and fall is an essential part of waltz). This is a Beginner Waltz class. \$5 per person. **We will do another Waltz class for December.**

Salsa 7:30 to 8:30 Salsa's roots are Cuban, but salsa is open to improvisation and thus it is continuously evolving. Dance styles are associated with the original geographic areas that developed them. There are often devotees of each of these styles outside of their home territory. Characteristics that may identify a style include: foot patterns, body rolls and movements, turns and figures, attitude, dance influences, and the way that partners hold each other. The point in a musical bar music where a slightly larger step is taken (the break step) and the direction the step moves can often be used to identify a style. It has a Funky, sexy, spicy feel to it. You must feel the vibes between you and your partner. Join Toshio and Connie (Instructors from UAB every Sunday in November. This is a Beginner/Novice class \$10 per person. **This Class will Stay the same for December.**

during a progressive dance (waltz, two step or foxtrot), then either move with the flow or move to the middle of the floor. Going to the edge or the corner of the dance floor to "get out of the way" puts you exactly where the other dancers are trying to go. (Bear in mind that just because you are doing a dance which is not progressive, doesn't mean that nobody else is doing a progressive dance - make sure you leave room for some couples to do foxtrots while you're doing swings.) Finally, clear off the dance floor when you're not dancing - don't stand around chatting with your partner if you happen not to like the next dance.

(2) Use caution while dancing, especially with dances like the Swing, and be aware of other people around you. Everyone is moving and turning quickly, and injuries happen all too often.

(3) Be especially careful when carrying refreshments across the dance floor, so as not to spill or drop anything. If necessary, clean up whatever falls before somebody gets hurt.

(4) Ladies, if you see an oncoming couple about to collide into you and your partner, simply tap your partner gently on the shoulder. This is known as the international dance panic signal. Remain calm! Do not grab on for life. If you do, you will probably end up startling your partner and colliding into the oncoming dance team.

(5) Do not hurt your partner! This is of particular importance to leaders in general, but followers occasionally hurt their partner by gripping his hand too hard or the wrong way (make sure to have a loose grip while spinning).

(6) Try to make yourself comfortable to be near: make

most fun you've ever had at a dance... FUN Games mixed with dancing.

Specials:

Introductory to Dance

Special Seven Lessons for \$45 Includes 2 private lessons, 4 group lessons, and a Bailey Dance Party. This is for new students only and all lessons based on 30 minute lessons. Email or call Chris for more information at chris@baileydance.com or 205-281-8523.

Wedding Dance

Special 4 Private Lessons for \$75. Includes Choreography designed for your "First Dance" to the song of your choice. Start your life journey together with a dance you can do for the rest of your lives. Email or call Chris for more information at chris@baileydance.com or 205-281-8523.

Gift Certificates

are available. Email or call Chris for more information at chris@baileydance.com or 205-281-8523.

Monday Classes:

Waltz Class 6:30 to 7:30 The name of the waltz is taken from the Italian 'volver' - to turn, or revolve. It was an outgrowth of the landler, a country dance in three-quarter time, and replaced the heavy hopping and jumping movements with more polished and graceful gliding. It has not always been the prestigious dance it is today. It was rural people who first found these whirling steps so appealing. And so, the waltz originally was decidedly low-brow and provincial. In those days, there was something unsavory about a woman being gripped in a man's embrace while whirling around the dance floor. Join Chris Bailey to learn some wonderful social Waltz done with rise and fall (rise and fall is an essential part of waltz). This is a Novice/Intermediate Waltz class. \$10 per person. **This Class will Stay the same for December.**

Lindy Hop Swing 7:00 to

10:00 Are you ready to jump, jive, and wail? With its roots in Harlem, New York from the 1920's Lindy Hop Swing is an authentic Afro-Euro-American Swing Dance. Join Jered Faires and Laura Nicholson Monday nights to learn fancy footwork and dance to upbeat jazz, swing and big band music. Beginner lesson from 7:00 to 7:30 for \$5 and feature lesson from 7:30 to 8:30 \$10 per person and includes open dance party from 8:30 to 10:00. **This Class will Stay the same for December.**

Tuesday Classes:

Cha Cha Class 6:30 to 8:30 Cha Cha derives from the famous Mambo dance and was originally known as the "Triple Mambo". It originated in the 1950's in Latin America, but within a matter of years had spread to Britain, Europe and North America quickly developing its own fast and flirty dance style. Join Curt and Wendy Johnson on Tuesday nights to spice up your Cha Cha. Beginner 6:30 to 7:30 cost \$5 per person and Novice/Intermediate 7:30 to 8:30 cost \$5 per person. **This Class will be ECS for December (no Class on December 28th).**

sure that you have recently showered and brushed your teeth (or at least freshened your breath since your last meal/smoke). People with long hair should make sure it is somehow held in place so it doesn't hit their partners when they spin. Make sure there are no bulky items such as keys or wallets in your front right pocket (you will probably look and feel better if all your pockets are empty while you dance). Don't wear sharp rings or any long, dangling jewelry. (Note it is common in some areas for people to bring towels and multiple shirts to dances so as to avoid getting overly sweaty.)

(7) Make sure to use good floorcraft when dancing. Always be careful not to crash into or corner other couples on the dance floor. (It is, of necessity, the primary responsibility of the better dancers to avoid the less experienced dancers on the floor.)

Please forward to your dance friends. If you're not on our email list go to the home page of www.baileydance.com to add yourself, or email chris@baileydance.com and request to be added.

Wednesday Classes:

West Coast Swing from 6:30 to

8:30 WCS is considered by many swing dancer to be the cooler more sophisticated type of swing dance. Unlike other types of swing, WCS moves in a narrow linear pattern called a slot. It can be danced to many types of music such as jazz, blues and modern day pop music. It is a very smooth sensual dance showcasing the lady. Join Chris and Emily Bailey to learn the latest WCS patterns and connections. Beginner class from 6:30 to 7:30 cost \$10 per person. Novice class from 6:30 to 7:30 cost \$10 per person. Intermediate class from 7:30 to 8:30 cost \$10 per person. **This Class will Stay the same for December.**

West Coast Swing Flash

Mob 8:30 to 9:30 Flash Mob West Coast Swing was choreographed by some of our Dance friends that live in Houston Texas to promote their love for dancing West Coast Swing. They are amazing dancers and did a wonderful job. So wonderful that people are doing WCS Flash Mob dances all over the U.S. now. We will teach that dance and do Flash Mobs in Malls through out Birmingham and you will have opportunities to go to visit other Flash Mobs and join in with them. Our first Flash Mob is December 9th. Come join us for the routine and some great variations for the ladies. **This Class will Stay the same for December.**

Thursday Classes:

Two Step 6:30 to 8:30 The country/western two-step, often simply called the "two-step," is a country western dance usually danced to country music in 4/4 time. It is a progressive dance that proceeds counterclockwise around the floor in the form of Whips, Weaves and Runs. This dance will help you improve your balance and turning skills even if your not a fan of Country Western music. Join Patrick McCaghren and JoAnn Tilley for a beginner class from 6:30 to 7:30 \$5 per person and Join World Champion Two Stepper Chris Bailey for the Novice/Int class from 7:30 to 8:30. \$10 per person. **This Class will**

Stay the same for December.

Dancer Drills and Technique

Class 6:30 to 7:30 - This class is focused on dance drills and technique that will improve both individual dancing and partnering skills. In this class you will do individual drills in the following areas: Latin Motion, Waltz (Rise and Fall, Swing and Sway) turn technique visiting pivots, chaines and shaped turns, and lilt (the motion used in Polka and East Coast Swing). This class will help you obtain speed, balance, body awareness and control. Join Chris and Emily Bailey on Thursday evenings and improve your core strength, balance and posture. \$10 per person. **This Class will Stay the same for December.**

Line and Partner Pattern

Dance Class from 7:30 to

8:30 - Line dancing is group dancing with choreographed dance steps seen mainly in country western clubs or bars but is now done in most Ballroom settings. Everyone knows that line dance is a fun way to exercise your body and mind, and has many therapeutical benefits. Don't miss out on this opportunity to learn some old and new line and pattern dances from Pat McCaghren and JoAnn Tilley. \$5.00 per person. These line and partner pattern dances and more will be played at the Swing and Country parties on the 2nd and 4th Saturdays of the month. **This Class will Stay the same for December.**

Tuesdays and Thursdays

Yoga for the Early Birds 6:00

a.m. to 7:30 a.m. Only \$10 per person (monthly class packages available at discounted prices). Why Yoga? Practicing the postures, breathing exercises and meditation makes you healthier in body, mind and spirit. Yoga lets you tune in, chill out & shape up all at the same time.

We Have Dance Shoes!!!! We are set up as a distributor for Dance Shoes. The same shoes that we buy and wear are now available at Bailey Dance. Please see Chris or Emily to try on a pair.

Check out New Dance videos on our website
www.baileydance.com

