

Bailey Dance News



Dance Party Schedule:

Flash Mob at the Galleria at 5:30 Thursday December 9th. Location to be released on our website on Wednesday afternoon. Stay tune for more information.

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. All the early birds will be at Bailey Dance so come join them for a night of real dancing. 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 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

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 Festival. Contact Chris for more information.

December Class information

Sunday Class:

Foxtrot Basics 5:00 to 5:30 It is often said that Foxtrot took its name from its inventor, the vaudeville actor Harry Fox; however the exact origins are unclear. The dance was premiered in 1914, quickly catching the

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

Stay Grounded: The term "grounding" is used in dancing, but many dancers still have a hard time understanding this word. Basically if you can picture yourself walking across an ice rink, most people will try to walk across the ice so that they don't slip and fall. When dancing, you want to place your feet

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

Specials:

eye of the talented husband and wife duo Vernon and Irene Castle, who lent the dance its signature grace and style. At its inception, the Foxtrot was originally danced to ragtime. Today, the dance is customarily accompanied by the same big band music to which swing is also danced.

Over time, the Foxtrot split into slow (Foxtrot) and quick (Quickstep) versions. In the slow category, further distinctions exist between the International or English style of the Foxtrot and the continuity American style, both built around a slow-quick-quick rhythm at the slowest tempo, and the social American style using a slow-slow-quick-quick rhythm at a somewhat faster pace. Join Chris and Emily Bailey to learn the social American style of the Foxtrot Basics. Beginner class from 5:00 to 5:30 cost \$5 per person.

Salsa Sundays are on Vacation until January 2nd...

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.

Lindy Hop Swing 7:00 to 10:00 will for the year after Dec 13th and will resume on Jan 10th. 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. Lesson from 7:00 to 8:00 for \$10 per person and includes open dance party from 8:30 to 10:00.

Tuesday Classes:

East Coast Swing 6:30 to 8:30 The dance evolved from the Lindy Hop with the work of the Arthur Murray dance studios in the 1940s. East Coast Swing can be referred to by many different names in different regions of the United States and the World. It has alternatively been called Eastern Swing, Jitterbug, American Swing, East Coast Lindy, Lindy (not to be

on the dance floor like you don't want to let them slip. Accomplishing this requires pressing your center into the ground over top your feet. Your feet must be placed in which ever position that is correct and no movement or adjustments after the placement. This grounding technique will make your footwork cleaner and your balance more solid.

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 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

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.

confused with Lindy Hop), and Triple Swing. Other variants of East Coast Swing that use altered footwork forms are known as Single Swing or "Single-step Swing" (where the triple step is replaced by a single step forming a slow, slow, quick, quick rhythm common to Foxtrot), and Double Swing (using a tap-step footwork pattern).

This form of swing dance is strictly based in six-count patterns that are simplified forms of the original patterns copied from Lindy Hop. The name *East Coast Swing* was coined to initially to distinguish the dance from the street form and the new variant used in the competitive ballroom arena (as well as separating the dance from West Coast Swing, which was developed in California). While based on Lindy Hop, it does have clear distinctions. East Coast Swing is a standardized form of dance developed first for instructional purposes in the Arthur Murray studios, and then later codified to allow for a medium of comparison for competitive ballroom dancers. It can be said that there is no right or wrong way to dance it; however, certain styles of the dance are considered correct "form" within the technical elements documented and governed by the National Dance Council of America. The N.D.C.A. oversees all the standards of American Style Ballroom and Latin dances. Join Curt and Wendy Johnson on Tuesday nights to spice up your ECS. Beginner 6:30 to 7:30 cost \$5 per person and Novice/Intermediate 7:30 to 8:30 cost \$5 per person. **(No Class on December 28th).**

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.

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 throughout 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.

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 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

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.

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.

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.

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

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.

