

Bailey Dance News



Dance Party Schedule:

January 15th Swingin' to the Blues Party

- Mostly ECS and WCS music but we will dance Cha, Waltz, Two Step, Nightclub, Rumba, Polka, Foxtrot, Tango, Huslte, and Salsa too. We will have snacks and drinks provided. \$10 per person and dress casual cool. Music Starts at 8:00 with a West Coast Swing mixer dance instruction free at 7:30 with Chris and Emily Bailey.

January 21st BPM Dance at Mt Top Family Life

- Dances are held every 3rd Friday of the month. Cost is \$6 for adults and \$5 for students. Visit www.bpmeventsdcj.com for more information.

January 22nd Magic City Westies 80's Throw Back Party -

West Coast Swing Party with DJ Jonathan. Doors open at 6 and dance is from 7 - until. \$5 for members and \$10 for non-members plus a \$2 D.I rental fee for

What's New...

This week, January 4-7th, classes taught by Chris and Emily Bailey will be **cancelled**. We and 10 of our students are off to Nashville for the whole week for our biggest competition of the year- **Worlds!** We hope to return to Birmingham with several World Champions!

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. Come learn the Dance and variations on Wednesday nights with Chris and Emily Bailey. We will be doing another Flash Mob in late January.

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 on January 29th at the Alabama Dance Festival. We are looking for Advanced WCS dancers to perform and we will also be doing a flash mob during this event. Contact Chris for more information.

January Class information

Sunday Class:

Waltz 5:00 to 5:30 p.m. 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

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 on the dance floor like you don't want to let them

everyone. Wear your coolest 80's digs!

January 28-30th Dance Across

Birmingham -
Call Chris for more details.

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

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 beginner waltz. Cost is \$5 per perspn.

Salsa Sundays with Toshio and Connie 7:00 to 8:00 p.m. Today's salsa dancing is a rich blend of Latin-American and Western influences, namely from Puerto Rico, Colombia, and other dances such as Western and Ballroom dancing. Salsa traces a 90 year history in which there are a multiple evolutionary paths. As result, today, there are three major salsa styles, namely Cuban Salsa (Casino), New York Style ("Mambo on 2"), and Los Angeles Style ("On 1"). Other Salsa branches include Colombian Salsa ("Cali-Style") and Miami-Style Salsa. Salsa can be improvised or performed with a set routine, choreography, and freestyle.

Monday Classes:

Waltz Class 6:30 to 7:30 p.m. 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 p.m. 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:

Waltz 6:30 to 8:30 p.m. 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

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 people around you. Everyone is moving and turning quickly, and injuries happen all too often.

205-281-8523.

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 Curt and Wendy Johnson on Tuesday nights for waltz. Beginner 6:30 to 7:30 cost \$5 per person and Novice/Intermediate 7:30 to 8:30 cost \$5 per person.

Wednesday Classes:

West Coast Swing from 6:30 to 8:30

p.m. 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 p.m. 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.

Thursday Classes:

Two Step 6:30 to 8:30 p.m. 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 Emily Bailey for a beginner class from 6:30 to 7:30 \$10 per person and join Chris Bailey for the Novice/Int class from 7:30 to 8:30. \$10 per person.

Dancer Drills and Technique Class 6:30

(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 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

to 7:30 p.m. - 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 p.m. - 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 therapeutic benefits. Don't miss out on this opportunity to learn some old and new line and pattern dances. \$5.00 per person. These line and partner pattern dances and more will be played at the Swing and Country parties.

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

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.