

# Bailey Dance News



## Dance Party Schedule:

**Feb 18th DJ Ivan Correa's Latin Dance** has been canceled but will resume on the 27th.

Please join us **Feb 18th BPM Dance** at Mountaintop Community Church Adderhold Family Life Center for a night of meeting new people and dancing to some great music. \$6 per person. Contact Rick or Viki for more information. 205-601-6220 or [info@bpmeventsdc.com](mailto:info@bpmeventsdc.com).

**Feb 19th Join Chris and Emily Bailey** for East and West Coast Swing Workshops in **Montgomery Alabama at Strict Tempo Ballroom, 436 Coliseum Blvd., Montgomery:**

**12:30-1:00 Beginner West Coast Swing and warm-up \$5.00**

**1:00-2:00 Novice/intermediate West Coast Swing \$10.00**

**2:00-3:00 East Coast Swing All Levels \$10.00**

**Feb 19th Flash Mob**

## What's New...

**Thank You. We have had our biggest classes over the last few weeks and they continue to grow. FYI ladies... We are still having more men in a lot of our classes.**

**Tonight is the last night to learn the Flash mob with us or you can learn it online, see our website videos page. Its not to hard for anyone! There are a few easy modifications we will show tonight to make it easy for anyone.**

**Flash Mob all over the World Feb 19th for National Flash Mob day, one in Birmingham too.** 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. The next Flash Mob is February 19th (National Flash Mob Day). Exact location will be announced on Friday Night on our Website. Plan to do it around 6:00 in the Hoover area and then plan to go to the Blues and Barbecue dance \$12.

**Dancers Choice Music** - Email me your top 10 favorite Dance songs and what you would dance to it. Everyone who does will be entered into a drawing for Free Dance Lessons. I'm buying a lot of new music and would like to get your favorite songs for our music library.

**Zumba** - Tuesday and Thursday at 7:30 a.m. and Saturday at 2:00 p.m. Adding Monday evening class starting in March at

## 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 people are using to buy and sell shoes.

## Dancers Tip of the Week

**Strengthen your core to help with balance. We have more Zumba and Pilates classes starting in March. See website for more information.**

## Dance Etiquette and Floorcraft

(1) Do not otherwise block the flow of the dance: Progressive dances always move

**Dance location**  
**TBA(6:00 p.m. in Hoover area).**

**Feb 19th Magic City Westies Blues and Barbecue Dance** after the Flash Mob. \$12 per person to enter with plenty of food and dancing for all. Call 225-936-6209 or email [magiccitywesties@gmail.com](mailto:magiccitywesties@gmail.com) for more information.

**Feb 25th 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](mailto:chris@baileydance.com) or Ivan at 205-807-3062 [ivancorrea@hotmail.com](mailto:ivancorrea@hotmail.com).

**Feb 25th BSD Dance** in Fultondale, Al. Go to [Birmingham Swing Dancers Website](#) for more information.

5:20. See more information on our website.

**West Coast Swing team** being formed now for a performance though out the year. We are looking for Intermediate Advanced WCS dancers to perform and we will also be doing a flash mob during this event. Contact Chris for more information.

## February Class information

### Sunday Class:

**East Coast Swing 5:00 to 5:30** 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 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). Come Join Chris Bailey and learn this wonderful basic dance. \$5 per person and you don't have to bring a partner. This class will be Rumba in March.

### Monday Classes:

**Cha Cha Class 6:30 to 7:30** - 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 it had spread to parts of Britain, Europe and North America quickly developing its own fast and flirty dance style. Join Chris Bailey on Monday nights to spice up your Cha Cha. This is a Novice Cha Cha so you need to know the basics for this class. \$10 per person. This class will be East Coast Swing in March.

**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:

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.

(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

**Feb 26th  
Gardendale's Winter  
Wonderland**

**Dance.** Emily and I are taking a group to this dance. Please let me know if you would like to sit with us. This is a wonderful benefit that we will be donating free lessons and doing an showcase Waltz exhibition. Please help us support this formal event. Appropriate dress is coat and tie for gentlemen and after-five attire for Ladies.

**March 4th  
Tradewinds Band at  
Bailey Dance**

**March 4th DJ Ivan's  
Latin Dance at Bailey  
Dance**

**March 5th Country  
Party at Bailey  
Dance**

**March 11th  
Road Trip to 301  
Dance in  
Montgomery.** Please join us in establishing a mixer with the Montgomery Dancers. They will be asked to come up here for the next mixer.

**March 11th DJ Ivan's  
Latin Party at Bailey  
Dance**

**March 12th Swind**

**Tango Class 6:30 to 8:30** South American dance in slow 2/4 time which is characterized by sensual duets in which men and women embrace in a danced representation of male-female seduction. It was based on dances brought to Argentina by African slaves and was originally performed in the slums of Buenos Aires in the 1860s. In the 1920s, however, the tango became popular world-wide as a form of ball-room dancing. In the 1930s and 1940s it was further popularized by Hollywood in such films as *Flying Down to Rio* (1933) and *Down Argentine Way* (1940). Today tango shows can be seen in theaters around the world; one of the most successful was *Tango Argentino*, which opened in Paris in 1983 and went on to become a big hit on Broadway and in London's West End. Join Curt and Wendy Johnson on Tuesday nights. 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 Rumba in March.

**Wednesday Classes:**

**West Coast Swing from 6:30 to 8:30 p.m.** WCS is considered by many swing dancers 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.

**Salsa with Toshio and Connie 7:30 to 8:30 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. \$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

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 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**

## Workshop in Montgomery

**March 12th  
Magic City Swing  
Dance location TBA**

**March 18th-  
20th Peach State  
Country Dance in  
Atlanta**

**March 18th BPM  
Party at Mountaintop**

**March 18th DJ Ivan's  
Latin Party at Bailey  
Dance**

**March 19th  
BBDA Ballroom  
Dance in Homewood**

**March 25th Curt &  
Windy's Ballroom  
Dance Party at  
Bailey Dance**

**March 25th DJ Ivan's  
Latin Party at  
Bailey Dance**

**March 26th Motown  
Swing Party at Bailey  
Dance**

## Specials:

**Introductory to  
Dance  
Special** Seven Lessons  
for \$45 Includes 2  
private lessons, 4 group  
lessons, and a Bailey  
Dance Party. This is for

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 be Hustle in March.

## 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 World Champions two steppers Jason Turner and 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.

**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 and most social dancers in Birmingham do not do it correctly). We will do both box and progressive waltz. This is a Beginner to Novice Waltz class. \$10 per person. This class will be Cha Cha in March.

**NightClub Two Step from 7:30 to 8:30** Nightclub Two Step is a beautiful romantic slow dance. It is one of the most popular forms of contemporary social dance in the United States that is typically danced to mid-tempo ballads. Join Jason Turner on evenings and learn more than just patterns to this popular slow dance. Beginner Novice class, \$10 per person.

## Tuesdays and Thursday Morning Workouts

to the home page of [www.baileydance.com](http://www.baileydance.com) to add yourself, or email [chris@baileydance.com](mailto:chris@baileydance.com) and request to be added.

new students only and all lessons based on 30 minute lessons. Email or call Chris for more information at

[chris@baileydance.com](mailto: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](mailto:chris@baileydance.com) or 205-281-8523.

**Gift Certificates** are available. Email or call Chris for more information: 205-281-8523 or [chris@baileydance.com](mailto:chris@baileydance.com).

### **Yoga for the Early Birds 6:00 a.m. to 7:15**

**a.m.** Join Lindsey for 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.

### **Zumba 7:30 a.m. to 8:30 a.m.**

Join Renata for Zumba mornings which combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind. Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

**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](http://www.baileydance.com)