

Bailey Dance News



Dance Party Schedule:

March 25th Curt & Windy's Smoothie Ballroom Dance Party at Bailey Dance from 7:30 to 10:00 for \$5 per person. Curt and Wendy will be hosting this dance and promise a fun enjoyable evening for all. You won't want to miss this! Dress in your best 50's outfits - prizes to be won!!!! Red Mango will be in studio blending up smoothies.

March 25th DJ Ivan's Latin Dance starts at 10:00 after ballroom party. 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, Latin Hip-Hop, Reggaeton and more. Starts at 10:00 pm and cover is \$5 per person. 16 years old or younger require the company of parent or Guardian. For more information call or email Ivan at 205-807-3062 or

What's New...

You asked for it... We added it... West Coast Swing on Monday Nights at 7:30.

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. Deadline is March 31st.

Zumba - Monday Evenings at 5:20 every week. Charter Members are free. This class is growing every week because Ashley Harris is the best. Her energy and movement is out of this world. See below for more information.

New Pilates Class starts April 6th with Rita Ciamaichela (*Pilates Master Practitioner*) Time: 5:20PM - 6:20PM. Cost: \$7/person/class or \$20/person/monthly (FREE to BaileyDance Charter Members)

A Pilates mat class teaching a method of exercise and movement designed to stretch, strengthen, and balance the body will be starting at Bailey Dance Studio. An exercise mat (approx. ½" thick) will be needed for this progression of essential Pilates exercises that challenge you to develop improved core control. The earliest American students of "Body Contrology" were professional dancers who would seek the help of Joseph Pilates to recover from and prevent injury. From there the exercises grew in popularity and became known as

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 now have more Zumba classes and will have Pilates class in April. See website for more information.

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

ivancorrea@hotmail.com

March 25th Birmingham Swing

Dancers 8:00-11:00. Casual. \$11/\$13 for band dances. Soft drinks and snacks. BSDA Friendship Hall 1024 Old Walker Chapel Road, Fultondale, AL 35068.

March 26th Motown Swing Party at Bailey Dance. \$5 per person and Charter members are free. Free swing lessons at 7:30 to 8:00 dance to all the greatest Motown artist and more from 8:00 to 11:00. We will dance ECS, WCS, Hustle, Cha, Rumba, NC2, Shag, Bob, we will also dance at least one Two Step, Foxtrot, Polka, and Mixer. Snacks and Drinks provided. Dress in your favorite Motown or Casual attire.

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

Pilates. Experience how Pilates can help to build strength, prevent injury and improve flexibility while enhancing all activities of one's life.

March Class information

Sunday Class:

Rumba Class 5:00 to 5:30 The rumba is a slower dance of about 120 beats per minute. In general, steps are kept compact and the dance is danced generally without any rise and fall. The basic figures derive from dance moves observed in Havana in the pre-revolutionary period and have developed their own life since then. Join Chris Bailey for this Beginner dance class. \$5 per person and you don't have to bring a partner. This class will be Tango in April.

Monday Classes:

Zumba Class 5:20 to 6:20 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. \$7 per person and free to Charter Members. Ditch the workout and join Ashley Harris for the party.

East Coast Swing 6:30 to 7:30 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. This class will be Waltz in April.

West Coast Swing from 7:30 to 8:30 p.m. WCS is considered by many swing dancers to be the cooler more sophisticated type

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 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

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: 205-281-8523 or chris@baileydance.com.

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 Bailey to learn the latest Beg/Novice WCS patterns and connections.

Tuesday Classes:

Rumba Class 6:30 to 8:30 The rumba is a slower dance of about 120 beats per minute. In general, steps are kept compact and the dance is danced generally without any rise and fall. The basic figures derive from dance moves observed in Havana in the pre-revolutionary period, and have developed their own life since then. 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 Foxtrot in April.

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 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. Join Toshio and Connie for street style Salsa. \$10 per person.

Hustle 8:30 to 9:30 p.m. The Hustle is a catchall name for several disco dances which were extremely popular in the 1970's. The

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 to the home page of www.baileydance.com to add yourself, or email chris@baileydance.com and request to be added.

couple dance form of hustle is usually called New York Hustle or Latin Hustle. It has some resemblance to, and steps in common with, swing and salsa dancing. As in the Latin dances, couples tend to move within a "spot" on the dance floor, as opposed to following a line of dance as in foxtrot, or as opposed to tracking within a slot as in West Coast Swing or LA Hustle. Join Chris and Emily Bailey and learn the NY Hustle \$10 per person

Thursday Classes:

Three Two Step classes from 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 and Novice Two Step from 7:30 to 8:30 or join Chris Bailey for the Int/Advanced class from 7:30 to 8:30. \$10 per person.

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 Core Dance Drills in April.

Tuesdays and Thursday Morning Workouts

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.

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

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