

# Bailey Dance News



## Dance Party Schedule:

**March 4th Tradewinds Band Mardi Gras Dance** at Bailey Dance 7:00 to 10:00 p.m. \$10 per person. Dress Mardi Gras (beads, Mask, etc.). There will be a prize for the best costume in the parade. Snacks and drinks provided so come on and let the good times roll.

**March 4th DJ Ivan Correa's Latin Dance** after Ballroom 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 10:00pm 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).

**March 5th Country-Western Dance at Bailey Dance** come join us for a night of Country and Swing Dancing. A night of great couples and line dancing to country music. Where

## What's New...

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

**Country Dance Party This Saturday-** we had a great group last time and expect more for this one. See more information under Dance Party Schedule. Also please read the Dance Etiquette and Floorcraft under tip of the week if you get a chance.

**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 14th.

**Zumba** - Starts Monday Evenings at 5:20 this week. Charter Members are free. See below for more information.

## March Class information

### Sunday Class:

**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 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.

## 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

possible we will pick music that you can dance multiple dances to with Line Dancers in the Middle of the Floor and Couples dancers outside of them. Dress Casual or Country. Note the price of \$5 per person with snacks and drinks provided. Free Two Step Lesson at 7:30 and music from 8:00 to 11:00 p.m. For more information call or email Chris at 205-281-8523

[chris@baileydance.com](mailto:chris@baileydance.com).

### March 10th JBY Ballroom Dance Club 7:30-

10:30. BSDA Friendship Hall 1024 Old Walker Chapel Road, Fultondale, AL 35068. Bands. High end snacks and cold drinks. Contact Murray Echols 591-2421 or [hmechols@earthlink](mailto:hmechols@earthlink) for more information.

### March 11th DJ Ivan Correa's Latin Dance [Click here for more detail](#)

**March 11th Road Trip to 301 Dance in Montgomery.** Please join us in establishing a mixer with the Montgomery Dancers. Friday night at the 301 Club in the Dexter Methodist Church, 301 Dexter Ave., Montgomery, Al, (basement entrance) at 8 pm, cost is \$5.00. Free dance lesson at 6:30 We are also doing a Flash Mob performance at this dance.

**March 12th Join Chris and Emily Bailey for West Coast Swing Workshops in Montgomery Alabama at Strict Tempo Ballroom, 436 Coliseum Blvd Montgomery**

## Monday Classes:

**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 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

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**

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 Hustle Beginner to Novice Levels \$10.00

**March 13th Join Chris and Emily Bailey** for West Coast Swing and Two Step Workshops at the Mississippi Ballroom Dance Clubs 15199 Community road Gulfport, Ms. 39503

4:00 Two Step \$10

5:00 West Coast Swing \$10

6:00 Swing and Country Party \$10 (Free if you take both classes)

**March 18th DJ Ivan's Latin Dance** [Click here for details](#)

**March 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@bpmeventsdj.com](mailto:info@bpmeventsdj.com).

**March 19th BBDA Dance** at the Homewood Senior Center. \$10 per person from 7:00 to 10:00 p.m. Email Jackie Tally [JGTally@aol.com](mailto:JGTally@aol.com) or Priscilla Collums [priss522@aol.com](mailto:priss522@aol.com) for more information.

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

**March 25th Curt & Windv's**

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.

**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 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

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 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**

**Ballroom Dance Party** at Bailey Dance more information TBA.

**March 25th DJ Ivan's Latin Dance** [Click here for details](#)

**March 25th Birmingham Swing Dancers** 8:00-11:00. Casual. \$6/\$8 for DJ dances. \$11/\$13 for band dances. Soft drinks and snacks. BSDA Friendship Hall 1024 Old Walker Chapel Road, Fultondale, AL 35068. Call or email Shirley Widener 744-4111 [imadancing@charter.net](mailto:imadancing@charter.net) or Pat Abbott-Cobb, President 427-3737 [patabt@gmail.com](mailto:patabt@gmail.com) for more information.

**March 26th Motown Swing Party** at Bailey Dance more information TBA.

## 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](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

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

not on our email list go 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.

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:

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