

Bailey Dance News

Dance Party Information

Saturday May 1st

Swing'n Social Dance Party

West Coast Swing Dance with mix of ECS, TS, Waltz, ChaCha other requested dances. DJ Jennifer Summar will be spinning the latest tunes.

Free Basic West Coast Swing Lesson from 7:30 to 8:00
Free Novice West Coast Swing Lesson from 7:30 to 8:00

Dancing Starts at 8:00 and goes to 11:00 or later.

\$8 per person, includes the lesson, light snack and drinks.

Every Sunday

Family Dance \$5 per person which includes light snacks and drinks a West Coast Swing lesson from 5:00 to 5:30 and open dancing from 5:30 to 6:30. We will play Ballroom, Country and Swing dance music.

Visit our website at www.baileydance.com for more information.

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.

Weekly Classes for April

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 had spread to 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 beginner-novice Cha Cha. **\$5 per person.**

Lindy Hop Swing 7:00 to 10:00 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. **Beginner lesson from 7:00 to 7:30 for \$5** and feature lesson from 7:30 to 8:30 \$10 per person and includes open dance party from 8:30 to 10:00.

Tuesday Classes:

Waltz Class 6:30 to 8:30 The name of the waltz is taken from the Italian 'volver' - to turn, or revolve. It was an outgrowth of the ländler, 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 Curt and Wendy Johnson for some wonderful social Waltz. **Beginner 6:30 to 7:30 for \$5 and Novice/Intermediate 7:30 to 8:30 \$5.**

Line Dance 7:45 to 8:45 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. It is a great fun form of exercising. Come join UCWDC advanced line dance competitor and teacher Jonathan Baumeister and learn the latest and most popular line dances. This is for all levels of dancers.

Wednesday Classes:

West Coast Swing from 6:30 to 9:30 WCS is considered by many swing dancer to be the cooler more sophisticated type of swing dance. Unlike other types of swing, WCS

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.

Dancers Tip of the Week

Spot your turns. Spotting is used to help keep you from getting dizzy while turning. It's not the easiest thing to do but when done properly it will help you with balance and control. To spot something means to look at a spot while your body is turning until you can no longer look at that spot any longer. At that time you will rotate your head around back to that same spot. Most of the time spotting is done DLD (down line of dance) but you can spot your partner or to the crowd at times. Make sure that you do not tilt your head to either side while spotting or you will cause other problems.

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 \$10 per person. Novice class from 6:30 to 7:30 \$10 per person. Intermediate class from 7:30 to 8:30 cost \$10 per person. Swing Team from 8:30 to 9:30 \$5 per person (Free if you take one of the Beg/Novice classes and the Intermediate class).

Thursday Classes:

Night Club Two Step 6:30 to 7:30 NC2 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 Chris Bailey on Thursday evenings and learn the more than just patterns to this popular slow dance. \$5 per person for May only.

Strength and Stretch Class 6:30 to 7:30 class is designed to increase overall body flexibility, strengthen muscles, and improve balance and posture. While working on your core strength this class also improves overall health of mind and body and improves circulation. Join Emily Bailey on Thursday evenings and improve your balance, posture and poise. \$10 per person. (Bring a floor mat or towel)

Dancer Drills and Technique Class 7:30 to 8:30 class is focused on dance drills and technique that will improve individual dancing and partnering skills. You will do individual drills in the following areas: Latin Motion, Waltz (Rise and Fall, Swing and Sway) turn technique 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.

Sunday Classes:

West Coast Swing 5:00 to 5:30 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 5:00 to 5:30 \$5 per person.

