



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.

Intro 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

Email or call Chris for more information at Chris@BaileyDance.com or 205-281-8523.

Upcoming Events:

April 8th

DJ Ivan's Latin Dance starts at 10:00 after the

What's New...

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

Zumba on Monday Evenings at 5:20 every week. \$7 per person but Charter Members are free. This class is growing every week because **Ashley Harris** is amazing. Her energy and movement is out of this world. She is adding Thursdays to the schedule in May. See below for more information. **Ivan Correa** is also doing a beginner Zumba class on Saturdays at 2:00 for \$5 per person.

Pilates Class starts April 6th at 5:20 with Pilates Master Practitioner **Rita Ciamaichela**. \$7 person but Charter Members are free.

We Have Dance Shoes and Dance Boots!!!! 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.

Dancers Tip of the Week

Strengthen your core to help with balance in turns. We now have more Zumba classes and Pilates class in April and don't forget Core Dance Drills 101 on Thursdays. These classes are free to Charter members. If your not a charter member maybe you should be. \$100 a month includes all the weekly classes and all Bailey Dance Parties plus eight hours a month floor time. Charter members are also entered in to multiple drawings a month for free private lessons. We maintain 30 charter memberships and only have a few spots. Email Chris for more information at Chris@BaileyDance.com.

Weekly Class Information

Sunday Classes:

Tango Class 5:00 to 5:30 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 ballroom dancing. Join Chris Bailey for Beginner Tango for \$5 per person.

Monday Classes:

Ballroom Party. We will provide water, soft drinks and snacks! DJ Ivan Correa will play Salsa, Meringue, Oldies, Bachata, Vallenato, Latin Hip-Hop, Reggaeton and more.

Free Salsa/Meringue/Bachata lesson starts at 10:00 pm and cover is \$5 per person. For more information call or email Ivan at 205-807-3062 or

ivancorrea@hotmail.com.

April 9th

Magic City Westies Dance

at the Preserve. See our website or Email

MagicCityWesties@gmail.com

for more information.

April 15th

BPM Dance at **Bailey Dance** for **April only**. Free Lesson at the dance. More information TBA.

April 16th

Country Western Dance

Couples, Line, Pattern, Mixers and More. Free lesson at 7:00 and open Dancing at 7:30. Cover is \$5 and Snacks and Drinks are free. We will dance Two Step, Waltz, Night Club,

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.

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). This is a Novice Waltz class. \$10 per person.

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:

Samba 6:30 to 7:30 Samba is a Ballroom dance of Brazilian origin, popularized in the U.S. and Europe in the 1940s. Danced to music in 4/4 time with a syncopated rhythm, the dance is characterized by simple forward and backward steps and tilting, rocking body movements. In Brazil an older African type of samba is also danced in circles or double lines as a group dance. For decades the samba has dominated Brazilian popular music. Join Curt and Wendy Johnson for Beginner Samba. \$5 per person.

Foxtrot 7:30 to 8:30 It is often said that Foxtrot took its name from its inventor, the vaudeville actor Harry Fox; however the exact origins are unclear. The dance was premiered in 1914, quickly catching the eye of the talented husband and wife duo Vernon and Irene Castle, who lent the dance its signature grace and style. At its inception, the Foxtrot was originally danced to ragtime. Today, the dance is customarily accompanied by the same big band music to which swing is also danced. Join Curt and Wendy Johnson for Int/Adv Foxtrot. \$5 per person.

Cha Cha, West Coast Swing, East Coast Swing, Single Step Swing, Hustle, Polka, Rumba, and we take request. You can't beat this deal. Email or call Chris for more information at Chris@BaileyDance.com or 205-281-8523.

April 22nd

BSD Dance

The Birmingham Swing Dancers have a dance in Fultondale at Friendship Hall from 8:00-11:00. See our website for more information.

April 29th

Private Party

Book your next private party at Bailey Dance. Birthday, Anniversary, Receptions and more. Email or call Chris for more information at Chris@BaileyDance.com or 205-281-8523.

April 30th

Back Room Blues

Swinging to the Blues with some of the best dancers in town. Every 5th Saturday at Bailey Dance. Dress Casually Cool. Snacks and Drinks are Free. Dance all night to the Blues

Wednesday Classes:

Pilates Class 5:20 to 6:20 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 Pilates. Experience how Pilates can help to build strength, prevent injury and improve flexibility while enhancing all activities of one's life. Join Rita Ciamaichela for Pilates every Wednesday. \$7 per person

West Coast Swing 6:30 to 8:30 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 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 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. Join Toshio and Connie for street style Salsa. \$10 per person.

Nightclub Two Step 8:30 to 9:30 NC2 is a beautiful and 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. Come join Chris Bailey on Thursday evenings and learn the more than just patterns to this popular slow dance. \$10 per person.

Thursday Classes:

Core Dance Drills 101 Class 6:30 to 7:30 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). This class will help you obtain speed, balance, body awareness and control. Join Chris on Thursday evenings and improve your core strength, balance and posture. \$10 per person.

Two Step 6:30 to 7:30 The country/western two-step, often simply

and some Jazz: ECS, WCS, Hustle, Cha, Foxtrot, Two Step, Waltz and more. Email or call Chris for more information at

Chris@BaileyDance.com

or 205-281-8523.

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 toward 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. Line Dancing in the middle of the floor with stationary dancers outside the Middle. (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 importance to leaders in general,

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 runs, weaves and whips. You should try this dance even if you're not a country music fan because it will help you improve your balance and turning skills. Join World Champion Competitor Jason Turner for Beginner Two Step at 6:30 and Novice at 7:30 or join Chris Bailey for Advance Two Step at 7:30. \$10 per person.

Line and Partner Pattern Dance Class from 6:30 to 8:30 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 from Charlotte Kesler. 6:30 Beginner/Novice at 6:30 and Int/Adv at 7:30 for **only \$3.00** per person per class or **\$5 for both**. These line and partner pattern dances and more will be played at all Country parties at Bailey Dance. Here is the line up:

April 7th:

Beginner/Novice: Boot Scootin' Boogie and Barn Dance with variations.

Intermediate: Grove With Me Tonight (aka Now or Never) and Fiddler Man.

April 14th:

Beg./Novice: Dancing in the Dark to Smoke Rings in the Dark and Rita's Waltz.

Int.: Hideaway Cha to Dance with Me and Dizzy.

April 21st:

Beg./Novice: Waltz Across Texas and Basic Tush Push.

Int.: Chill Factor and Tush Push with variations.

April 28th:

Beg./Novice: Montgomery County Cha Cha and Cupid Shuffle

Int.: Drive to Jimmy Dean (I Wanna Know) and I'll Tell You What

Tuesday and Thursday Mornings:

Yoga for the Early Birds 6:00 a.m. to 7:30 a.m. Only \$10 per person and monthly class packages are 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.

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 friends. If you're not on our email list please go to www.BaileyDance.com to add yourself or email Chris@BaileyDance.com and request to be added.