

Bailey Dance News



Bailey Dance Studio

is located in Riverchase Plaza in Hoover Alabama just south of the Galleria on Hwy 31 two stores left of the Hobby Lobby. The Studio is located in a safe convenient area with wonderful parking. 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.

Introductory 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

Four Private Lessons for \$75. Choreography designed for your "First Dance" to the song of your choice. Start your life journey together with a dance you can will remember and a hobby that is sure to keep you close. Email or call Chris for more

What's New...

Busy week ahead for Bailey Dance

Join us for an action packed week and weekend of dancing!

Along with our regularly scheduled classes, don't forget on Wednesday nights there is a **West Coast Swing Practice party after class from 8:30-9:30 and it's FREE!**

This week we are bringing in **15 time UCWDC World Championship choreographer and coach from Texas, Dave Getty** to teach Thursday at 7:30 an amazing Two Step Class. Class is \$10, \$5 for Teens and **FREE for Charter Members**. There will be a Practice Party after from 8:30-9:30 and it's FREE! He is also available for private lessons on Wednesday, if interested email Emily at emb1224@yahoo.com

Friday night we are teaching at 301 in Montgomery. If you are interested in joining us for a road trip and a great night of dancing send us an email.

Saturday, **Jim and Kelli Rainey from Knoxville** will be at Bailey Dance teaching private lessons and 2 workshops. 2:30-3:30 Two Step and 3:30-4:30 West Coast Swing. \$10 per class, There are also available for private lessons, email Emily at emb1224@yahoo.com

Saturday night join us for **The Sexy Tractor Band!** We are so excited to have this amazing **top 40 Country Cover Band**, \$10 per person. Lots of great music, dancing, exhibitions during band breaks, and food! **FREE Two Step lesson taught by Chris & Emily Bailey and Jim & Kelli Rainey from 7:00-8:00 p.m.**

I'm tired just thinking of it all, but I am very excited to have an amazing week of dancing with great friends and wonderful professionals! So, come join us!

We now have Ballroom Band Dances every Friday night. Tradewinds on the 1st and 3rd Fridays and **Barbara Pilato, Dave and Julie Woods, Carolyn Robinson and Carolyn Roberson** are hosting other Ballroom Bands on the 2nd, 4th and 5th Friday nights. See Website for updated information. \$10 per person per dance. Dress is Business Casual.

Zumba Class on Monday and Thursday at 5:20 every week \$5. Charter members free!

Pilates Class starts at 5:20 with Pilates Master Practitioner **Rita Ciamachela**. \$7 person but Charter Members are free. This class is growing weekly get a great core workout and then swing the night away with West Coast Swing Classes.

information at
chris@baileydance.com
or 205-281-8523.

Gift Certificates

Get somebody you know started dancing by giving them some private lessons. There is a lot of people that need dance but may not think they can do it. Nudge them in the right direction and change their life forever. Email or call Chris for more information at chris@baileydance.com or 205-281-8523.

Upcoming Events:

July 20th Free Party

Wednesday WCS Party
8:30 to 10:00 Free

July 21st Free Party

Two Step Practice Party... we will also play WCS, Cha Cha, Waltz and V Waltz so you can practice those new moves as well. 8:30 to 10:00 pm

Friday July 22nd Ballroom Band Dance (2nd, 4th and 5th Fridays)

7:00-10:00 Ballroom band dances hosted by **Barbara Pilato, Dave & Julie Woods, Carolyn Roberson and Carolyn Robinson**. \$10 per person. Catered food and Drinks provided.

Saturday July 23rd

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.

Charter Membership: Did you see all that the charters get for \$100 a month. We now have even more for our Charter Members. Free Dance Classes Sunday through Thursday, Free Bailey Dance Parties (Does not include Band Dances), Eight Hours of Floor time to practice your new moves or routines, and monthly drawings for free private lessons. Over \$600 a month in potential savings. Only a limited number of Charter Memberships are available. Email Chris for more information at Chris@BaileyDance.com.

Dancers Tip of the Week

1. Comfortable shoes and clothes are a must for dancing. Invest in them.
2. Technique is better than moves. But new moves are still cool; if you've got the technique.
3. Positive attitudes are contagious. So are negative ones. Which do you like?
4. Introduce yourself to the new dancer. You were there once.
5. You spend both time and money on lessons. Don't waste both by not practicing.
6. Is the lady not getting those leads? Don't lead harder. Lead smarter or easier patterns.
7. Better personal grooming makes for a better dance partner.
8. Smile a lot!
9. Dance what you hear in the music. Don't worry if everyone else is doing a WCS but you hear Cha or Hustle. Step out of your box and have fun.
10. Some learn fast. Some learn slow. With effort even the turtle arrives. Have patience with yourself and others.

Weekly Class Information

Monday Classes:

Zumba Class 5:20 to 6:20 Zumba 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. \$5 in June per person and free to Charter Members. Ditch the workout and join Ashley Harris for the party. **Same every month.**

WCS and Two Step Workshops during the day by Jim and Kelly Rainey from Knoxville's Team Joe. They are wonderful Country Western and Swing Dancers and Instructors.

**2:30-3:30 WCS \$10
3:30-4:30 Two Step \$10**

Studio will be open from 4:30 to 7:00 for our out of town guest to rest or practice before the Big Dance (everyone welcome).

Sexy Tractor Concert/Dance

We had an absolute blast with this band last time they were here. They play top 40 upbeat country hits.

7:00 Free two Step lesson Beginners with Chris and Emily Bailey and Novice and above with Jim and Kelly Rainey.

Band plays from 8:00 to 11:00 and we will play music during the breaks and after the band is done. We will DJ until at least midnight or later.

Catered Food dance Exhibitions and Door Prizes. Don't miss this Dance filled Saturday.

July 20th Free Party

Wednesday WCS Party 8:30 to 10:00 Free

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 Emily 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. [Waltz in Aug.](#)

WCS Class 7:30 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 Emily Bailey Monday nights to Learn WCS. This is a Beginner class \$10 per person.

Tuesday 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 Curt and Wendy Johnson for this Beg class for \$only 5 per person. [TBA in Aug.](#)

Cha Cha 7:30 to 8:30 Join Curt and Wendy Johnson for this Adv class for only \$5 per person. [TBA in Aug.](#)

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

Friday July 29th
Ballroom Band Dance
(2nd, 4th and 5th Fridays)

7:00-10:00 Ballroom band dances hosted by **Barbara Pilato, Dave & Julie Woods, Carolyn Roberson and Carolyn Robinson**. \$10 per person. Catered food and drinks provided.

July 27th Free Party

Wednesday WCS Party
8:30 to 10:00 Free

Friday July 29th
DJ Ivan's Latin Dance
(and Every other Friday)

DJ Ivan's Latin Dance starts at 10:30 after the 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.

Saturday July 30th
Back Room Blues
Dance
(5th Saturdays)

Back Room Blues Dance
Every 5th Saturday we will be swinging to the Blues with some of the best swing dancers in town. Dress

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
Same every month.

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. **Same every month.**

Free WCS Swing Party from
8:30 to 10:00

Thursday Classes:

Zumba Class 5:20 to 6:20 Zumba 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. \$5 in June per person and free to Charter Members. Ditch the workout and join Ashley Harris for the party. **Same every month.**

Viennese Waltz 6:30 to 7:30 The Viennese Waltz is a rotary dance where the dancers are constantly turning either toward the leader's right (natural) or toward the leader's left (reverse), interspersed with non-rotating *change steps* to switch between the direction of rotation. A true Viennese waltz consists only of turns and change steps. Other moves such as the fleckerls, American-style figures and side sway or underarm turns are modern inventions and are not normally danced at the annual balls in Vienna. Furthermore, in a properly danced Viennese Waltz, couples do not pass, but turn continuously left and right while travelling counterclockwise around the floor following each other. Join Chris and learn the Beginner Steps and some modern steps to help you slow this dance down enough to dance an entire song. **Core Drills 101 in Aug.**

Two Step 6:30 to 8:30 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

Casually Cool. Snacks and Drinks are Free. Dance all night to the Blues 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.

floor in the form of runs, weaves and whips. You should try this dance even if your not a country music fan because it will help you improve your balance and turning skills. Join Emily Bailey 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. **Same every month.**

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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, 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 freshen 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.