

# Bailey Dance News



## 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 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 at [chris@baileydance.com](mailto:chris@baileydance.com) or 205-281-8523.

## Upcoming Parties:

**August 27th Closed for Private Party** Book your next party with Bailey Dance asap!

**August 28th Swing and Country Party** We will dance primarily WCS and ECS swing and mix of country dances that fill up the floor including Line and Round Dances. If you have a line dance request email [chris@baileydance.com](mailto:chris@baileydance.com). Free dance lessons from 7:00 to 8:00, we will teach Basic and Novice Two Step. Dance from 8:00 to 11:00. We will take request. Refreshments, light snacks and ice water will be provided. We have a Pepsi machine with Pepsi, Diet Pepsi, Mt Dew, Diet Mt Dew, Dr Pepper and Diet Dr Pepper for 65¢ Fun Jack and Jill competition and prizes at this dance.

**September 3rd Ballroom Dance Party** We will dance Waltz, Foxtrot, Cha Cha, WCS, ECS, Tango, Rumba, Nightclub2 and more. Dance from 8:00 to 11:00. Refreshments, light snacks and ice water will be provided. \$5 per person and please wear business casual attire.

**September 11th Swing and Country Party** We will dance primarily WCS and ECS swing and mix of country dances that fill up the floor including Line and

We now have a Pepsi machine with the following selections for 65¢ Pepsi, Dt Pepsi, Mt Dew, Diet Mt Dew, Dr Pepper and Diet Dr Pepper.

Check out New Dance videos on our website [www.baileydance.com](http://www.baileydance.com)

## Class Schedule for August

### New Sunday Classes and Party!

**Foxtrot Basics 5:00 to 5:30** 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.

Over time, the Foxtrot split into slow (Foxtrot) and quick (Quickstep) versions. In the slow category, further distinctions exist between the International or English style of the Foxtrot and the continuity American style, both built around a slow-quick-quick rhythm at the slowest tempo, and the social American style using a slow-slow-quick-quick rhythm at a somewhat faster pace. Join Chris to learn the social American style of the

## 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.

## What's New?

**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 that people are using to buy and sell shoes.

## Dancers Tip of the Week

How to improve your retention of the different dances and their patterns

1) Find five minutes when you can think

Round Dances. If you have a line dance request email [chris@baileydance.com](mailto:chris@baileydance.com). Free dance lessons from 7:00 to 8:00. Dance from 8:00 to 11:00. We will take request. Refreshments, light snacks and ice water will be provided. We have a Pepsi machine with Pepsi, Diet Pepsi, Mt Dew, Diet Mt Dew, Dr Pepper and Diet Dr Pepper for 65¢

**September 17th Ballroom Dance Party** This is a band dance with the **Tradewinds Band**. We will dance the best ballroom music. Dance from 8:00 to 11:00. Free Ballroom Waltz Dance lesson from 7:00 to 8:00. Refreshments and ice water will be provided. \$10 per person and please wear Business Casual attire.

**September 18th Magic City Westies Swing'N Social Dance** A night of West Coast Music and great social dancing. Call 225-936-6209 if you have any questions.

**August 28th Swing and Country Party** We will dance primarily WCS and ECS swing and mix of country dances that fill up the floor including Line and Round Dances. If you have a line dance request email [chris@baileydance.com](mailto:chris@baileydance.com). Free dance lessons from 7:00 to 8:00. Dance from 8:00 to 11:00. We will take request. Refreshments, light snacks and ice water will be provided. We have a Pepsi machine with Pepsi, Diet Pepsi, Mt Dew, Diet Mt Dew, Dr Pepper and Diet Dr Pepper for 65¢

**October 1st Ballroom Dance Party** We will dance Waltz, Foxtrot, Cha Cha, WCS, ECS, Tango, Rumba, Nightclub2 and more. Dance from 8:00 to 11:00. Refreshments, light snacks and ice water will be provided. \$5 per person and please wear business casual attire.

**October 9th Swing and Country Party** We will dance primarily WCS and ECS swing and mix of country dances that fill up the floor including Line and Round Dances. If you have a line dance request email [chris@baileydance.com](mailto:chris@baileydance.com). Free dance lessons from 7:00 to 8:00. Dance from 8:00 to 11:00. We will take request. Refreshments, light snacks and ice water will be provided. We have a Pepsi machine with Pepsi, Diet Pepsi, Mt Dew, Diet Mt Dew, Dr Pepper and Diet Dr Pepper for 65¢

**October 15th Ballroom Dance Party** We will dance Waltz, Foxtrot, Cha Cha, WCS, ECS, Tango, Rumba, Nightclub2 and more. Dance from 8:00 to 11:00. Refreshments, light snacks and ice water will be provided. \$5 per person and please wear business casual attire.

**October 16th Magic City Westies Swing'N Social Maskerade** A night of West Coast Music and great social dancing. Call 225-936-6209 if you have any questions.

Foxtrot Basics. Beginner class from 5:00 to 5:30 cost \$5 per person. **This Class will change to Beginner Waltz next month.**

**New York Style Salsa Class from 7:00 to 8:00 and party from 8:00 to 10:00** Musically, the old Mambo (Mambo Tipico) is fused with New York Jazz and Swing to create a new salsa genre but retaining much of its original percussions. The addition of new musical instruments such as xylophones, jazz saxophones, and steel drums added new melody to the evolving genre. Come learn with a New York style trained Salsa instructor and Special Guest Salsa DJ every Sunday. \$10 per person and light snacks and ice water provided. Casual Attire. **This class will remain the same next month.**

## Monday Classes:

**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). This is a Novice Waltz class. \$10 per person. **This class will remain the same next month.**

**Lindy Hop Swing 7:00 to**

about a particular dance by yourself. Visualize yourself in dance position and imagine that you are dancing.

2) For leaders, try to see yourself dancing the patterns of a particular dance (i.e., the tango). First focus on the footwork. Next recall the lead for each of the various steps. Is it a lead signaled by the frame, the raising of your hand, etc. For followers, focus on your foot patterns and link the lead for each step with the sensation in your body whether it be a raised hand or a turn into promenade or a stop that signals a rocking movement.

3) We allow you to video at the end of our lessons so you can take time during the week to watch it and review the material that you are learning. Some of our students have found it particularly helpful to watch the tapes on the day of the class or the late afternoon of a day when you are going out dancing in the evening.

5) Try playing the appropriate dance music to the dance you are visualizing and count the basic rhythm out loud to the music as you imagine yourself dancing the various steps

6) Write a cheat sheet with a list of

**October 23rd Swing and Country Party** We will dance primarily WCS and ECS swing and mix of country dances that fill up the floor including Line and Round Dances. If you have a line dance request email [chris@baileydance.com](mailto:chris@baileydance.com). Free dance lessons from 7:00 to 8:00. Dance from 8:00 to 11:00. We will take request. Refreshments, light snacks and ice water will be provided. We have a Pepsi machine with Pepsi, Diet Pepsi, Mt Dew, Diet Mt Dew, Dr Pepper and Diet Dr Pepper for 65¢

**October 29th Halloween Dance...** more info TBA

**November 5th Ballroom Dance Party** We will dance Waltz, Foxtrot, Cha Cha, WCS, ECS, Tango, Rumba, Nightclub2 and more. Dance from 8:00 to 11:00. Refreshments, light snacks and ice water will be provided. \$5 per person and please wear business casual attire.

**November 6th Bailey Dance 1 Year Anniversary Dance.** Please save this date for a Big dance party with lots of fun and prizes.

**November 13th Swing and Country Party** We will dance primarily WCS and ECS swing and mix of country dances that fill up the floor including Line and Round Dances. If you have a line dance request email [chris@baileydance.com](mailto:chris@baileydance.com). Free dance lessons from 7:00 to 8:00. Dance from 8:00 to 11:00. We will take request. Refreshments, light snacks and ice water will be provided. We have a Pepsi machine with Pepsi, Diet Pepsi, Mt Dew, Diet Mt Dew, Dr Pepper and Diet Dr Pepper for 65¢

**November 19th BSD's Waltz Magic Dance** This is a C&E DJ Dance from 7:30 to 10:30... More info TBA.

**November 20th Alabama Auburn Country and Swing Dance with Dip Contest (the edible dip)...** more info TBA.

**November 25th and 27th Closed for Thanksgiving**

**December 3rd Ballroom Party moved to the 4th**

**December 4th Ballroom Dance Party with the Tradewinds Band.** We will dance Waltz, Foxtrot, Cha Cha, WCS, ECS, Tango, Rumba, Nightclub2 and more. Dance from 8:00 to 11:00. Refreshments, light snacks and ice water will be provided. \$10 per person and please wear business casual attire.

**December 9th Christmas-n-Dixie Kickoff Party** Come join country and swing instructors from all over the world for a night of great social dancing. The best swing and country dancers from all over the world will be in town competing and performing Friday the 10th through Sunday the 12th. Don't miss this

**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. **This class will remain the same next month.**

## Tuesday Classes:

**Single Swing** (also called **single-time swing**) is a fast dance rhythm in the larger swing family of dances. East Coast Swing is danced to popular rock-and-roll or jitterbug music that has 4 beats per measure. Most figures are written to span a measure and a half of music with a rock, recover, and two triples at the slower tempos: eight steps over six beats of music. When the tempo gets faster, it becomes more difficult to fit those triples in, and "single swing" is more comfortable. Each 6-count figure becomes rock, recover, step, step, or quick, quick, slow, slow: four steps over the six beats of music. Swing bounces a little on soft knees and dances mostly in place on the dance floor. Come join Curt and Wendy Johnson for Beginner Single Step Swing at 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 Mambo next month.**

## Wednesday Classes:

**West Coast Swing from 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

dance steps to take with you to class or a dance you are attending. The creation of the sheet will help you to connect the step patterns to their names in your mind. Write the names down to describe the various steps on your cheat sheet, this will further establish the neural pathways in your brain and make it easier to recall the necessary footwork and lead and follow movements.

event! \$10 per person with a free Two Step Class from 7:00 to 7:30 and social dancing til 11:00.

**December 11th Swing and Country Party** We will dance primarily WCS and ECS swing and mix of country dances that fill up the floor including Line and Round Dances. If you have a line dance request email [chris@baileydance.com](mailto:chris@baileydance.com). Free dance lessons from 7:00 to 8:00. Dance from 8:00 to 11:00. We will take request. Refreshments, light snacks and ice water will be provided. We have a Pepsi machine with Pepsi, Diet Pepsi, Mt Dew, Diet Mt Dew, Dr Pepper and Diet Dr Pepper for 65¢

**December 17th Ballroom Dance Party** We will dance Waltz, Foxtrot, Cha Cha, WCS, ECS, Tango, Rumba, Nightclub2 and more. Dance from 8:00 to 11:00. Refreshments, light snacks and ice water will be provided. \$5 per person and please wear business casual attire.

**December 18th Closed for Private Party...** Book your next party at Bailey Dance via Chris asap.

**December 25th** Closed for Christmas!!!

**December 31st New Year's Eve Dance and Pajama Party... more info TBA.**

## 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 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 fox trots 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 that there are 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.

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. **This class will remain the same next month.**

## NightClub Two Step from 8:30 to 9:30

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 and Emily Bailey on Wednesday evenings and learn more than just patterns to this popular slow dance. Beginner Novice class, \$10 per person. **This class will remain the same next month.**

## Thursday Classes:

**Two Step 6:30 to 7:30** 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 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 a World Champion Two Stepper Chris Bailey for this Beginner Novice class, \$10 per person. **This class will remain the same next month.**

## Salsa LA style 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

(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 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](http://www.baileydance.com) to add yourself, or email [chris@baileydance.com](mailto:chris@baileydance.com) and request to be added.**

Ballroom dancing. Salsa traces a 90 year history in which there are a multiple evolutionary paths, sometimes split due to political and social influences. 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 is normally a partner dance, although there are recognized solo forms, line dancing (suelta), and Rueda de Casino where groups of couples exchange partners in a circle. Salsa can be improvised or performed with a set routine, choreography, and freestyle. Join Chris and for Salsa ("on 1") every Wednesday in August. **This class will be Dance Drills (tuning drills etc) next month.**

**Next month we will be adding these Thursday Classes:**

**6:30 - 7:30 - Basic Beginner/Novice Country Western Two Step - Don't watch from the sidelines any longer! Come and learn and practice this fabulous dance! This class is targeted to introduce dancers to this fun, but skillful dance, and also for others who are familiar with this dance to practice their basics and learn simple patterns danced progressively around the floor in a counterclockwise direction. Join country and western dance competitors Rusty and Charlotte Kesler for this Basic Two Step class, \$5.00 per person.**

**7:30 - 8:30 - Line Dance Class - Everyone knows that line dance is a fun way to exercise your body and mind, and has many therapeutical benefits! AND, it improves our dancing. Don't miss out on this opportunity to learn some old and new line dances taught by Charlotte Kesler, \$5.00 per**

person.

## **Tuesdays and Thursdays**

### **Yoga for the Early Birds**

**6:00 a.m. to 7:30 a.m.** 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.