

Bailey Dance News



Specials:

Introductory to Dance

Special 7 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

are available. Email or call Chris for more information at chris@baileydance.com or 205-281-8523.

August 6th Ballroom Dance Party We will dance Waltz, Foxtrot, WCS, ECS, Tango, Rumba, Nightclub Two Step and more. Dance from 8:00 to 11:00. We will take request. Refreshments, light snacks and ice water will be provided.

August 14th 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 song request please email 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¢

August 20th Ballroom Dance

Party We will dance Waltz, Foxtrot, WCS, ECS, Tango, Rumba, Nightclub Two Step and more. Dance from 8:00

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

Class Schedule for August

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.

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

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?

Argentine Tango Practice every Wednesday from 5:00 to 6:30 for \$5 per person.

Dancers Tip of the Week

Learn to roll through your feet. There is not a dance I know of that is stepped all flat foot although there are a lot of dancers that do or can only roll through thier feet going forward. There are many parts to your foot and you should know which parts are best to dance on or through. I feel that the main difference in learning to "social" vs "completive" dance is usually in the amount of energy exerted and styling, not in the technique of the dance. You need good technique in both social and competitive dance styles. It is a shame if you learn a dance wrong in the name of "social" or "fun". I think all dancing should be fun... I did not say easy.

to 11:00. We will take request. Refreshments, light snacks and ice water will be provided.

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 please email 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¢

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.

(4) Ladies, if you see an oncoming couple about to collide into you and your partner simply tan your partner gently

to 10:00.

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.

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 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.

Thursday Classes:

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

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 to add yourself, or email chris@baileydance.com and request to be added.

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.

West Coast Swing 7:30 to 8:30

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 Nick and Pam Jones to learn the latest WCS patterns and connections. Beginner/Novice class cost \$10 per person.

Salsa From 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, 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.

Sunday Classes:

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 and Emily Bailey to learn the social American style of the Foxtrot Basics. Beginner class from 5:00 to 5:30 cost \$5 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.