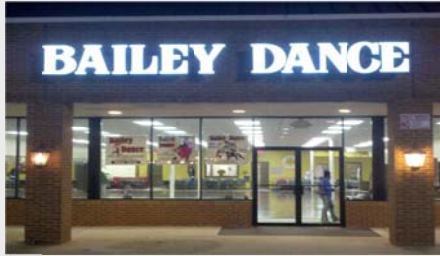


# Bailey Dance News



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

## Upcoming Events:

### Wed Sept 14th

Free WCS Party  
8:30-10:00

### Friday Sept. 16th

The Tradewinds Duo  
(every 1st and 3rd Friday)

7:00-10:00 Tradewinds Duo Dance every 1st and 3rd Friday.  
Dressy Casual attire.  
\$10 per person.  
Snacks and Drinks are free.

### Saturday September 17

"Day of Dance" Workshop w/ Robbie Greenwood

Time: 1:00PM - 4:00PM

## What's New...

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!

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 Ciamaichela. \$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.

We Have Dance Shoes and Dance Boots!!!! We are

Admission: \$50 for all 3 lessons or \$20 for one lesson  
Location: BaileyDance Studio

Details: To celebrate National Ballroom Dance Week, Birmingham Ballroom Dance Association (BBDA) will host a "Day of Dance Workshop" on Saturday, September 17, 1-4 PM at Bailey Dance Studio.

Robbie Greenwood from Tupelo, MS will be our guest instructor, teaching:

West Coast Swing  
Tango  
Viennese Waltz

The BBDA Monthly Dance will be held that night (September 17), 7-9:45 PM, at the Homewood Senior Center, 816 Oak Grove Road, Homewood, AL 35209. Paid attendance for all 3 lessons (above) will include evening dance admission.

Pre-Registration is due by September 14 to Priscilla Collums, 1237 Southwind Drive, Helena, AL 35080. You can register at on site.

Robbie will be available for private lessons on Sunday, September 18 at Bailey's Dance Studio. Contact Priscilla Collums at 205-873-1064 to schedule.

### Wed Sept 21th

Free WCS Party  
8:30-10:00

### Friday Sept 23rd

BCDJ Dance every 2nd, 4th and 5th Fridays.

7:00-10:00 Ballroom dance every 2nd, 4th and 5th Friday night Hosted by Barbara Pilato and Dave & Julie Woods. Snacks and Drinks provided. Band TBA.

## Saturday Sept 24th

Country-Western & Swing Dance

Time: 8:00PM-11:00PM  
(lesson at 7:30PM)  
Admission: \$5/ person;  
FREE to Charter members.  
Note the new lower price!  
Location: BaileyDance Studio

Details: A great mixture of Swing (West Coast & East Coast) and the full gamut of Country (Two Step, Waltz, Cha-Cha, & Nightclub) plus Line Dances.

Where possible, we'll pick out music where more than one dance style can be done to the same song. Or would work for both couples dancing and line dancing. Dress is Country or Casual.

There will be refreshments, light snacks, and ice water provided.

There will be a Two Step lesson at 7:30 (free with admission).

Remember: no alcohol or smoking on the premises.

We take music requests! Email your song request to Chris at: [Chris@BaileyDance.com](mailto:Chris@BaileyDance.com) or call him at (205) 281-8523.

### Wed Sept 28th

Free WCS Party  
8:30-10:00

### Friday Sept 30th

BCDJ Dance every 2nd, 4th and 5th Fridays.

7:00-10:00 Ballroom dance every 2nd, 4th and 5th Friday night Hosted by Barbara Pilato and Dave & Julie Woods. Snacks and Drinks provided. Band TBA.

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](mailto: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

## 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](http://www.BaileyDance.com) to add yourself or email [Chris@BaileyDance.com](mailto:Chris@BaileyDance.com) and request to be added.

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.

Nightclub 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 and Emily Bailey and learn more than just patterns to this popular slow dance. Beginner Novice class, \$10 per person.

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:

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. 1/2" 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.

Free WCS Party from 8:30 to 10:00 open to everyone!!!

#### 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.

Cha Cha 7:30 to 8:30 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 Thursday nights to spice up your Cha Cha. This is a Novice class \$10 per person.

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 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 Jason Turner for Int/Adv at 7:30. \$10 per person.