**Instructions for Absolute Beginners Class**

Rev’d October 31, 2021

Welcome Music – variety

**Some Important Things to Remember When Dancing**

We are here to have fun, make new friends, and have a few laughs. Don’t get too

serious or stressed out about it. Repetition is what makes it work. We review all the time.

But at the same time, I strongly recommend that if you enjoy the class, attend on a regular basis. Line dancing is progressive – start easy, and then learn a little more difficult. If you have to miss classes, and then return, don’t worry about it. Just take the new teaches, and of course the reviews. The more you dance the better you get at it. After 4 weeks, no new dancers will be accepted, as it isn’t fair to you who started at the beginning to slow down the class for others.

You will be new to the terminology of the dance steps, and new to putting specific steps to different rhythms of music. Some music is quicker than others. Do not let the speed of music alarm you. You can do it!!

Please bring your own water – here at Parkside there is a machine in hallway, but not always full.

Shoes – smooth sole, dance sneakers. If you don’t have a smooth-soled pair of shoes, bring a comfortable pair of shoes and an old pair of socks. The socks will go only on the toe of your shoe, but helps decrease the impact on your knees.

Keep steps small and under frame of body – demonstrate. Also respect your neighbours dance floor space; the smaller the dance area, the smaller your steps/kicks need to be. Keep kicks low to the floor. Please see document on the website named “Line Dance-Floor and Classroom Etiquette”.

You will leave here overwhelmed, but when you return next week, and we review, you will say “Oh yah, I remember that!” Each week gets easier.

Please feel free to ask to repeat steps if you are having a hard time getting them. I don’t mind. But I cannot see who is struggling when I have my back to you. Chances are if you ask to repeat, there are others in the group who want to ask the same question.

I always tell new beginners that they shouldn’t quit for a full year. If you enjoy the dancing part, it will take you a year to learn most of the steps. Once all the steps are learned, you will notice that it is the combination of steps and how they are choreographed in the dances that are different.

Our communication is via email, so please check often. I will always ask you to advise if you will be attending, and I would appreciate a response. If I have less than 5 people, I will cancel class. As well, if you know you are going to be absent for a class or two, please mark the date on the attendance sheet with an A, just so I don’t forget that you told me you would be away.

When attending class, check off your name on attendance on the sheet, and place your money in the container provided. By checking off your name, we don’t have to go through the list and remember who was at class. Correct change would be appreciated. Payment is on an honour system, so please be careful when making change. I rent the room here at Parkside, so no special rates for Parkside members .

Line dancing is done to 12-3-6-9 o’clock walls. Some dances are two-wall, some 4-wall, and the odd one 1-wall. Usually each section of a dance is an 8-count combination. Waltzes are 6-count.

Shifting weight on your feet – your feet are going to be making constant weight changes when you dance. When touching your toe to the floor, heel is off the floor, and there is no weight on that foot. Which means the next step you take will be with that foot. Ie. If you touch your right toe to the floor, you will make your next step with your right foot.

Small cards on the table. Lists our website, and also where you can find other places to dance, if you travel, and would like to maintain your dancing while away. Also tells you about using YouTube to watch line dances, if you are inclined to practice on your own.

Go to the website for the document **Basic Line Dance Steps and Terminology**. Practice if you wish, as it will help you. See New Beginner Information tab, and click on the title.

Quick points:

1. Sign the Liability Waiver on the table.
2. Small cards on the table for website, etc.
3. Only if you wish, write down your birth date – month and date only. We acknowledge birthdays in class.
4. See me for contactless payment if this is how you wish to pay.