

Welcome to Ballroom Dancing!

We are so pleased that you have taken an interest in ballroom dancing. It is a great way to meet new friends, get some exercise, and relieve stress as you concentrate on dancing and nothing else. This document contains helpful hints to ballroom dancing. If you have additional questions, please feel free to contact us anytime!

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Ballroom Dancing 101

“Follow the leader” is the golden rule of all social dances. The leader’s most important job is to perfect their lead, using a firm hand to guide the follower in various moves. The follower’s must let the leader lead and this can only happen through a strong connection between partners. Think of the connection as a rubber band that binds you together, yet allows for some flexibility.

Back leading is a big no-no! Follower’s should never back lead or anticipate moves. A good way to practice this is for the follower to close their eyes and let the leader take full control.

Practice makes perfect! The only way to perfect your dancing is to practice by attending group classes, taking private lessons, and attending dances.

Dance with different partners. Experience is the best teacher—so look at other dance partners as a challenge, not a scary thing.

To attain your dance goals in a reasonable amount of time, we recommend that you combine group classes, private lessons and attend dance parties. More importantly, you will get a good workout, improve your balance and posture and make some wonderful new friends.

Focus on the basics and be conscious of your frame and connection. Don’t be intimidated by the moves of other dancers—eventually, you will create your own original style.

Take notes. Bring a small notebook and pen with you to class so you will remember what you learned.

Limit the number of times you say “sorry” to once per dance. If you keep saying “sorry” with every flaw, it is very likely that you will be perceived as one sorry dancer indeed!

Have fun! The most important rule of dancing is to dance more and have fun. Soon, the stress of your day will melt away as you focus on dancing, and laughing along the way.

There are regular ballroom dances that are held on Cape Cod. We recommend that you always call ahead to confirm dates, times and locations.

The Cultural Center of Cape Cod

307 Old Main

South Yarmouth, MA

www.cultural-center.org

508-394-7100

Call or check the website for upcoming dance parties.

Cape Cod Ballroom Dancers, Social Dances

Check the Dance Calendar at www.capecodballroomdancers.org

Betsy's Ballroom

528 Forest

South Yarmouth, MA

Singles and Couples Welcome

Phone: 508-362-9538

Cape Cod Conservatory

Falmouth, MA

Phone: 508-540-0611

** Keep an eye on the Cape Cod Times Capeweek insert found in the Friday edition of the Cape Cod Times for other dances year round.*

We recommend purchasing a pair of ballroom dance shoes if you plan on actively pursuing ballroom dancing on a regular basis. Ballroom dance shoes are flexible and have a smooth sole, allowing for a more comfortable fit and ease moving across the floor. You can purchase these shoes at the Dancer's Place in Hyannis or visit these online stores:

www.danceshoesstore.com

www.dance4less.com

www.danceshoes4u.com

www.dancehappy.com

www.danceshoesonline.com

Music

www.danceplus.com