

First Dance Checklist

✓ Here's a Printable Wedding First Dance Checklist

Choose a Song That Tells Your Story

- ☐ List 3–5 songs that are meaningful to you as a couple
- ☐ Listen to the lyrics and imagine dancing to them together
- ☐ Test your top choices by slow dancing in your kitchen
- ☐ Choose a tempo that feels comfortable for your movement
- ☐ Finalize the song that truly reflects your relationship

Select a Dance Style That Fits You

- ☐ Decide on a style: Slow dance, waltz, choreographed mashup, foxtrot, etc.
- ☐ Choose a style that matches your vibe (romantic, playful, elegant, bold)
- ☐ Consider physical comfort and confidence level
- ☐ Watch dance videos or attend a showcase for inspiration
- ☐ Consult a dance instructor or choreographer if you'd like extra help

First Dance Prep Timeline

- ☐ 3–6 months before: Choose your song and preferred dance style
- ☐ 2–4 months before: Begin dance lessons or watch tutorials
- ☐ 1–2 months before: Practice together weekly in your wedding shoes
- ☐ 2–3 weeks before: Do a dress rehearsal on your dance floor if possible
- ☐ Wedding week: Review your moves, stay relaxed, and visualize the moment



Real Couple Inspiration

- ☐ Read 1–2 first dance success stories (look on blogs, wedding forums, or your DJ’s past events)
- ☐ Watch a few heartfelt or creative first dances online
- ☐ Reach out to married friends for tips and encouragement
- ☐ Remind yourselves: it’s not about perfection—it’s about connection



Final To-Do’s

- ☐ Confirm your DJ has the correct version of your song (and a backup copy)
- ☐ Notify your photographer and videographer of the timing + lighting cues
- ☐ Practice walking onto and off of the dance floor with grace
- ☐ Double-check any lighting or fog effects (like dancing on a cloud)
- ☐ Take a deep breath... and be present for every second of your moment

Want to Make Your First Dance Unforgettable?

👉 [Click here](#) to gain access to “How to Make Your First Dance Unforgettable - 10 Ways to Turn Your First Dance Into a Once-in-a-Lifetime Moment You’ll Never Forget”