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# THINGS TO THINK ABOUT BEFORE BOOKING IN FOR YOUR FIRST DANCE & WHAT TO EXPECT



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LITTLE DANCE STUDIO

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# LET'S CREATE YOUR LOVE STORY TOGETHER - ONE STEP AT A TIME - DESIGNED JUST FOR YOU

First and most important – you don't have to be a dancer or have any experience in dance! Remember – it is always about YOU TWO, you are preparing for a special moment of yours and not a competition.

- Look around for dance teachers available and choose one you can resonate with, preferably someone with experience in this and someone who knows more than one style.
- Find a perfect song that resonates or means something to your couple, even if it's not popular. You can have few options and ask for advice at your first class or even before. The teacher will advice what dance styles are advisable for your song.
- If you have any specific idea or vision for your first dance, tell your dance teacher – that will help a lot making it the perfect version for YOU.

- Think about what you both will be wearing (shoes, dress length and width, how easily you can move with it, are you able to lift a leg, arms, will the skirt be 'following you') or if you will need to change
- Know how much space you will actually have and the flooring
- Are you both comfortable with doing lifts? LIFTS in a wedding dance are always advisable not only because it's most effective in looks but also highly effective in use of music
- You don't have to do lifts or any other movements that makes you feel uncomfortable or even if you simply don't like it. Communicate this clearly.
- Try more difficult or challenging movements first, it will be fun, and if not, they can always be changed for simpler or easier alternative moves.
- if you want to save time and money dancing in the hall with a teacher, do your 'homework' – practice at home so that you can move on at the next lesson rather than spend half of the lesson relearning what was previously done.
- 2min–2:30min is the length advised for a wedding dance – just enough to make it an interesting piece, without putting too much information for you to remember or repetitiveness

- First time can feel awkward and seem like a lot of information, but, trust me, you will feel different even an hour after you finished your first class.
- Always ask to make a video of you dancing at the end of the class – that will help you remember when practicing at home and do watch it many times even if you have no energy to physically practice that day – your brain is still learning! It's nice to record the progress too!
- Don't put too much pressure or expectations on yourself or your partner – the first dance it's about sharing a moment together, just the way you are. Your dance is your love story, not a piece for a competition or judgement.
- START LEARNING APPROXIMATELY 2 MONTHS BEFORE THE WEDDING
- Have FUN! Later on, you will remember this quality time spent together in the midst of wedding planning and preparation chaos.

Fun fact – most grooms feel like dragged into it at first, but actually enjoy the quality time spent dancing with you!

## HOPE THIS HELPS!

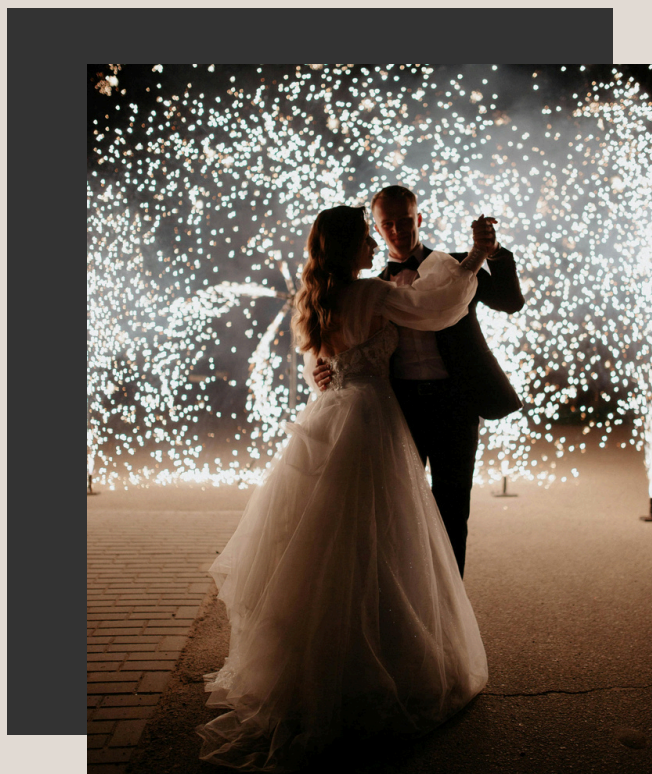
If you have any questions feel free to ASK!

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# STAY CONNECTED

WE ARE ALWAYS HAPPY TO HEAR FROM YOU -  
BEFORE & AFTER YOUR BIG DAY!

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