

PRIVATE LESSON GUIDE

WHY DO I WANT A PRIVATE LESSON?

THE IMPOSSIBLE STEP

In a class situation everyone has one group of steps that just doesn't make sense but everyone else seems to find easy. In a private lesson you can spend time getting past that one sticking point with teaching tailored to meet your exact needs, moving at the speed which best suits your talents.

TECHNIQUE

There are some fundamentals of dancing which have an effect on all dances, for example; by learning to use your feet more effectively, you will find it easier to stay in control of your movement; partnering skills can improve the way you move with each other and reduce the feeling of working against each other.

STYLE

Feeling good is one thing, looking good is something else. Those who want to 'do it right' can take advantage of a professional eye. Sometimes all it takes are a couple of tweaks to the way you think about a figure to make it look as good as it feels.

HOW CAN I GET THE MOST OUT OF A PRIVATE LESSON?

COME PREPARED

Most dancing problems are tackled with a combination of the above. It is best to think of a private lesson as a signpost to a solution to a particular problem. Before you come to your lesson, have clear in your mind what problem you want to fix.

MANAGE YOUR EXPECTATIONS

Even the most experienced dancer cannot put on their shoes, stand up and immediately dance their best. Remember that your dancing brain needs a few minutes to get into gear as well as your body. You know how well you can do, so if it doesn't go perfectly first time, don't worry about it, just do it again. Also, remember that you won't find something new as easy as something you've been dancing for a while. When you find it hard, it's not because you're getting worse, it's because it's new.

REPEAT

Repetition is the key to learning. The more you do it, the better you will remember; when you're driving, do you think about which foot you use when changing gear? The more times you do it, the less you will have to think about it. Finally, when learning something new, you will remember twice as much if you go over it again before you go to sleep instead of waiting until the next morning.