Prepare Yourselves for your Wedding and Romance for the rest of your lives!

Congratulations on your upcoming wedding! Start your lives together on the right foot with dance lessons to boost your confidence and connection on the dance floor. Create an occasion you and your loved ones will remember with pride for the rest of your lives. We're here to help you do just that! Here at Alegria Performing Arts Academy, one of the compliments we hear most often from our students is how patient and thorough we are in sharing the magic of dance. That's because we're passionate about what we do, and we hope you fall in love with dance too!

WE ARE THE 209'S LEADING WEDDING DANCE SPECIALISTS!

Here are some suggestions to help you prepare for your wedding dance:

- Allow plenty of time to learn. **We recommend starting weekly lessons at least six months before your wedding**, with increasing frequency as the date approaches. Learning how to dance can be as challenging as learning a new language or playing a new instrument. You want to be able to give it your full attention before the added pressure of wedding preparations. It also makes a great date night!
- Give some thought to the song you want, and bring it to your first lesson. We will teach you the right dance for it. If you have ideas and dance-spirations, bring those to your consultation. We'll go over your timeline, goals, tuition packages, and scheduling to tailor your dance program to you and your fiancé. No two dances are alike. Your first dance will be uniquely yours.
- Don't feel locked into a traditional first dance. Today's couples are choosing a dance to reflect their personality. You have a wide range of Latin and Ballroom dances from which to choose, as well as Hip Hop, Jazz, & more! You can even opt for a medley of styles!
- Learning *how* to dance is just as important as learning the actual dance. We focus on teaching our couples how to dance, not just one dance for one song for one day. Out of all the things you invest your time and money into for your wedding day, your dance lessons are one of the only things you get to take into your marriage to add romance for years to come!
- During each lesson, try to relax so you can enjoy both the process and each other. Be patient with yourselves, the process and each other. We are a BYOB friendly studio, in case you need a little liquid courage to warm up!
- ***Practice in the same shoes or similar shoes you plan to wear during your wedding dance. This will help you become familiar with how you move in them. For ladies, if you're not used to wearing a dress, it helps to practice in a long skirt or petticoat so you grow accustomed to the way it feels. There will be many unexpected surprises on your wedding day and our goal is to make sure your dance isn't one of them! ☺***

Besides your first dance, you may want to consider featuring your parents in a special dance. Getting your wedding party to participate in a group dance can also make the celebration extra memorable. We can adapt choreography to suit your ability and style.

Contact us for details!

Alegria Performing Arts Academy
320 E. Main Street., Downtown Turlock
alegriaballroomdance@gmail.com
Instagram: @alegriaperformingartsacademy
www.alegriaperformingarts.com
Mobile: 925.980.5683

Helpful Hints for Learning to Partner Dance:

At *Alegria Performing Arts Academy*, we specialize in teaching people how to social dance. Our teachers are trained to make learning fun and easy, and you can help by remembering the following:

LET YOUR TEACHER DO THE TEACHING!

A note for Couples: Teaching couples is much different from teaching individuals and requires special care. This means you should try to avoid finding fault with each other, which can be distracting. Be patient with each other and the process.

IT'S NOT HOW MANY STEPS YOU KNOW, BUT HOW WELL YOU DANCE THEM

Learning too many steps too soon can result in bad habits and frustration at not dancing them properly or not being able to remember them all. We believe in quality over quantity. You can always recognize good dancers on how they move, not by how many patterns they do.

In our many years of teaching, we have learned that men typically progress slower because they have more to think about while leading and tend to be more visual, analytical, and mechanical learners.

Women, on the other hand, tend to be more emotional, kinesthetic learners, and feel music and movement quicker.

This isn't always the case, it's just the norm. If you have a preference on the way you are taught, please let us know!

KEEP YOUR LESSONS CLOSE TOGETHER

Dancing is a learned skill, and just like any other skill, it takes lots of practice! It can be as challenging as learning a new language or playing an instrument. Ideally, each visit should be kept less than a week apart. This will aid you in making a speedier progress.

Maximize your learning curve with a combination of private lessons, group classes, and practice opportunities!

COMMUNICATE WITH YOUR TEACHER

This will help them know what to teach you and the way you would like to be taught. The more we know about your dance needs, the better we can tailor your lessons.

Learning to dance is an investment that keeps paying back. Of all the hobbies you may have, dancing will go with you wherever you go for many years to come.