

### \* IT PAYS TO TAKE YOUR TIME IN THE BEGINNERS CLASS

Stay as long as you need. You should feel really comfortable not only with all the steps and moves listed on the 'Absolute Beginners' Class' sheet but also with the Latin style of dancing, and leading – man's role, or following – woman's role. (An indication of this confidence is that you can talk and dance at the same time!) In order to develop a clear and comfortable lead as well as a relaxed Latin style of dancing, men should be wary of changing classes too soon. Women (not having to lead) may well be ready to move classes sooner. Most men, however, will require longer in the Beginners' Class, for the movements to become sufficiently ingrained to be able to cope with leading the Improver and Intermediate moves. Moving classes too soon means you risk losing the Latin style you have developed in the Beginners' Class.

### \* TRANSITION TO INTERMEDIATE CLASS – CHECK WITH US FIRST

This can be hard – so we provide ways of helping you through:

- ∅ Try Ed's warm-up (at the start of his Salsa class) and then move back to the Beginners after the warm-up.
- ∅ Come to several classes each week (talk to us if you have financial problems).
- ∅ Come to the Beginners'-Improvers' Classes.
- ∅ If you are unsure whether you are ready to move up, discuss this with Sharon or Ed.
- ∅ Tell Sharon if there is anything in particular that you would like to go through in a future class.
- ∅ Don't do the Improvers'/Intermediates' Class every week. Do the Beginners' Class sometimes to focus on style.
- ∅ Arrange a 1 to 1 or small group session with Sharon or Ed.

### \* REPEAT TO REMEMBER –

#### WRITE MOVES DOWN AFTER THE CLASS & REVISE THEM LATER

The most effective way to retain information is to revise it within a day, then the next day and again 2 days later – and then at increasingly longer intervals. Develop your own shorthand (but write yourself a key so you don't forget it!). Physically doing the move is the best way to revise it.

### \* IT WILL TAKE A FEW WEEKS TO SETTLE IN TO A NEW CLASS

During this time, you may frequently feel out of your depth. This is quite normal, and will reduce as you get used to the class. However, if you feel THAT THIS DOES NOT SEEM TO BE REDUCING (be honest!) then this may well indicate that you have moved classes too soon (a very common occurrence!). Discuss it with Sharon or Ed, or return to the previous class. This is a very positive step to take – to acknowledge that you need more time to focus on the basics and the style of the dance. Give yourself the time that you need.

### \* YOU DON'T NEED TO REMEMBER THE INTERMEDIATE & IMPROVER LEVEL ROUTINES

Think of these as a teaching technique allowing the teacher to talk everybody through a routine and demonstrate how moves might be linked together smoothly. They are not written in stone. FOCUS ON 1 OR 2 ELEMENTS ONLY and practise these. Find out how you can incorporate them into your dancing after the class. It will take some trial & much error – but you will end up dancing much more fluidly than if you only ever try to repeat the routine that was taught in the class.

### \* IF YOU REMEMBER HOW TO START A MOVE – THE REST MAY JUST HAPPEN!

You may not think you know the words to a song, but once you START TO SING THEM they often appear on cue – it's the same with a dance routine.