

The Silver Slipper

A Publication of the Nanaimo Ballroom Dance Society

Is it really September already? Let's Dance!

Here are two **IMPORTANT REMINDERS** for your calendar:

The **NBDS' ANNUAL GENERAL MEETING** is just days away. Please join us on **Sunday night, September 23rd at Room 1 of the Bowen Park Complex** (opposite the dance auditorium entrance). All members are invited to attend. Please attend!

HAPPY ANNIVERSARY NBDS! We are pleased to invite you to enjoy the club's **Anniversary Dinner and Dance** this year on the **5th of October**. Tickets for the dinner/dance must be purchased in advance. Tables seat 8 comfortably but can seat 10 if requested, but be advised that it's a wee bit cozy! You can come to the dance only if you wish. (See Pg. 3)

Memories of our 20th Island Fantasy Ball

by IFB Chair, Vicki Linfitt

It is amazing how quickly we transition from the planning stages of an event, to the happening of an event and then later, to the memory of an event.....

I have been asked to submit a 'recap' of IFB 2012 for this edition of the Silver Slipper...just in time to recruit new committee members to our organizing group for 2013. We have an excellent group of talented, motivated people who are at the core of the



IFB 2012 Planning Committee

Our first planning meeting this year will be on Sunday September 30, 1pm at the Linfitt residence. If you would like to attend and get a feel for what we do, you are most welcome. You may decide that you would like to join our hard working (and fun loving) group.(.....continued on page 4&5).



organizing committee, but as the saying goes "many hands make light work", so it is with sincerity that I invite any NBDS member who loves the ball and has the desire to pitch in and help to please join us in our next year's endeavor.



Audience at Island Fantasy Ball



September 2012

Editors:
Marilyn Assaf
Mark Pearce

Fall 2012 Events

Nanoose Dance Sep 22

7:30 Workshop:
Cha Cha
w/ Ken Yung (DJ)
8:30 Dance

NBDS AGM Sep 23

Bowen Park, 7 p.m.
See You There!

**Anniversary
Dinner/Dance** Oct 5

DJ Nelson Wong
6 p.m.
Bowen Park
Pre-purchase tix!

Nanoose Dance Oct 20

7:30 Workshop:
Quickstep
w/ Andy Mundy (DJ)
8:30 Dance

^c *Work like you don't
need the money.*

*Love like you've
never been hurt.*

*Dance like nobody
is watching.*

- Mark Twain -



A Presidential Welcome to start our new year

Welcome to all our members as we start another exciting NBDS dance year. A particular welcome to our new members and also to our founding members who have been with us for over thirty years. NBDS definitely spans the years, and it also spans Vancouver Island from Mill Bay to Campbell River.



We started last year with several crises: cancellations of both our dance camps; cancellations of dances at Nanoose because of floor problems; the possible loss of Beban as a location for IFB because of plans to resurface the floor with vinyl; and a doubling of the rental fees for Bowen. Fortunately, this year commences with those problems resolved. Mostly through major efforts on the part of some of our members, often involving intense cooperation with those outside the Society.

We ran very successful weekend dance camps on Gabriola Island in June and at Qualicum Bay in July. Multiple resurfacings of the Nanoose floor finally provided a pleasant and safe floor for dancing again. After a strong public relations campaign, Nanaimo Parks and Rec agreed to retain the wooden dance floor at Beban. We had to increase the fees substantially for dances at Bowen but members have continued to attend in sufficient numbers to cover costs.

I have enjoyed my year on the Board and on the committees organizing our major events because I have come to know many of our major volunteers as friends and colleagues, and it has given me insights into what makes NBDS a very special dance club from that we all value. We are fortunate to have fellow members who are dedicated to making it possible for all of us to enjoy ballroom dancing at a reasonable cost in pleasant and supportive environments.



All that we enjoy is the product of those members prepared to contribute their time and capabilities to make NBDS events run smoothly and effectively. We are a community of members who volunteer to make dancing life better for other members. But we find ourselves facing a new crisis as we enter the coming year—we need to attract more volunteers so that the existing ones are not overloaded. And we have found it more difficult to discover what to do to broaden the base of those who take some responsibility for NBDS events. Volunteers cannot be coerced, only attracted, welcomed and thanked for what they do for us all.

We all need to participate in making it attractive to volunteer, to help create an environment in which our fellow members are willing to act for the benefit of all, and to know that efforts are appreciated.

Welcome to the start of another NBDS dance year, to our workshops, regular dances and theme dances, to our AGM on Sep-23, to our 31st Anniversary dinner/dance Oct-5, to our Xmas Gala Ball Dec-15, to our New Year's Eve dance Dec-31, to our Island Fantasy Ball Apr-20/21 in 2013 AND to whatever summer events members are prepared to work together to provide—help to make it all happen!

Regards,
Brian Gaines





Come to the Anniversary Dance

We have the hall. We have the Caterer and a bar service. We have the DJ. We have the decorations. Now all we need is YOU!

You are invited to join in the celebration and good times on Friday October 5th, 2012 at the Bowen Park Social Centre. We will start with cocktails at 6pm, followed by a Catered Dinner being served by LiveWire Catering at 6:45. Dancing will commence at 8 pm. Featuring the best dancing tunes DJ'd by Nelson Wong.

Ballroom dancers are great aren't they? They will dance almost anywhere if there is a good floor and good music....add in some friends and some food, and you've got a party!

We have just had a great summer season, dancing in our shorts, and enjoying the warm breezes with the ocean views, and though I hate to say goodbye to summer, there is something exciting about the crispness of fall announcing a new year of school, and dance. I think that somehow we will always live by the school year no matter our age!



And speaking of age, the anniversary dance is a wonderful time for dancers of all generations to mingle together. Our more experienced members with twinkly eyes and sparkle in their hair can show the youngsters how smoothly to slow fox; while the younger generation can really shake it on the dance floor with a lively jive. What a wonderful opportunity to share our mutual passion for dance. I am looking forward to seeing every one dressed up and having a good time.

For your enjoyment the menu is as follows:

**Stuffed Chicken Breasts
Mashed Potatoes
Assorted Salads
Buns and Butter
Assorted Desserts**

**Roast Beef and Gravy
Rice dish
Cooked Vegetables
Fresh Fruit Plate**

Please contact Sara Treutler for tickets. tickets@ballroomnanaimo.ca

Dinner/Dance \$35 (or \$30 Juniors); Dance only \$12 (members) or \$17 (non-members)

We will also be introducing the new board members, AND there will be a bottle of wine or two that will be won, maybe a game.....it's a surprise!

Look forward to seeing you there.

Sincerely, Vicki Linfitt





Memories of Island Fantasy Ball 2012 (.....continued from page 1)

I have had the opportunity to experience the Island Fantasy Ball from three different perspectives because I have had the privilege to enjoy the event as a spectator, competitor and an organizer. Each role enables you to see the event and the people involved from a slightly different view.

It is delightful to sit, watch and be entertained... by such a variety of dancers and performers. As an audience member I have clapped and cheered, laughed, been awed and amazed and even brought to tears. Mostly I've been inspired, to dance myself, and to promote ballroom dancing within my community. The 1st ball that I attended was 1998 where Alain Doucet & Anik Jolicoeur performed for us. This was the day that I was officially smitten with ballroom dancing and bought my first pair of ballroom shoes; which sadly sat on the shelf until 8 years later when I *finally* talked my husband into trying ballroom dancing again! We attended our next IFB in 2006 and I was blown away with the performance of Maxim Kozhevnikov and Yulia Zagoruychenko. After this dancing just for fun was no longer an option; I had to have one of those gorgeous gowns and learn to dance like these beautiful women...and my husband was scared....therefore I chose to dance Pro-Am.

My role as competitor started with shaking in my shoes and feeling like I was crazy to be on the same dance floor as someone like Jonathan Wilkins & Katusha Demidova! Well, to be fair, we were not on the floor AT THE SAME TIME! 2007 was my first Pro-Am competition with Nelson and we danced a bronze waltz; Jonathan and Katusha came out later and performed with such grace, style, talent and charisma that I was entranced, entertained and a bit intimidated, but mostly inspired. I was definitely determined to continue with dancing. 2008 was almost scarier to get out there on the floor, I recall the night before the competition when we were practicing that a bunch of really good competitors arrived to practice also, Sarah and Zillion included, and as they



Vicki Linfitt and Nelson Wong
2012 IFB Pro-Am



Zillion Wong & Sarah Liang
2011 IFB

danced past me on the floor my reaction was "oh sorry, I'll get out of your way", I didn't feel like the floor was mine and I had butterflies the size of elephants! With time, encouragement, many lessons and experience, I finally feel more thrill than fear when I go onto the floor, and it is a pleasure to compete. I share this because so many potential readers may be new competitors and may feel intimidated and I want to reassure you that it gets better and better.

My role as an organizer has evolved too, from doing a few odd jobs to being the volunteer coordinator and Chairperson. As I said before, I work with an amazing group of people who make the ball happen.

2012 was the 4th year that we held a 2 day event, and it seems that some people are still getting used to it, but our event roster continues to grow and evolve with more demand for more categories which takes more time. Scheduling is done and redone right up until a couple of days before the event to accommodate all dancers' entries, and we try to be considerate of traveling time (living on an island and all).

The IFB committee is thrilled to be able to bring these phenomenal dancers to Nanaimo and we are already working on bringing world class talent to our fair city once again for 2013. (continued on pg 5..)





(continued from pg. 4) 2012 was the 1st year that Zillion Wong did not compete and though he was here as a coach and presenting the award for Adult BC Closed Champion in Standard; and award that he and Sarah Liang held for 7 years; I know that they were missed on the dance floor, especially during the quick step!

2012 was the 20th anniversary of the Island Fantasy Ball.

2012 enjoyed the re-visitation of Nadiya Bychkova and Miha Vodicar who placed 1st in both Latin and Standard in the Adult Open Championship. They were at our competition for the first time in 2009.



Vlad Bohdanov and Maryana Dudchenko—IFB 2012

2012 awarded the BC Closed Adult Championship Latin to Vlad Bohdanov & Maryana Dudchenko, and the BC Closed Adult Championship Standard to Adam Li & Ksenia Michtchenko.

This last year I helped with more behind the scenes jobs than ever before. Jane Walters was our stage assistant, and I was her assistant. She had me running around and helping the competitors who were putting on the 'Showcase of Champions' demonstrations, (their Solo routines). I had to collect their CD's for the DJ...Vlad was hard to track down, he was absorbing some west coast sunshine while he had a chance! Miha had a mishap with the airlines and his wardrobe and was missing some of his costume that he needed. I was running around asking the other fellows who were of a similar size and height if they may be able to help, but as it

happens Miha has a very small waist (it's really not fair!) and he's tall, so no one else was exactly the same size. Fortunately the chair of judges allowed him to compete in an outfit that was not quite up to 'code'...after all it was not his fault!

What I did learn was that these people are awesome; really real, and sweet, after the show most of the dancers are in their sweat pants and looking for food. 2012 was memorable for me for different reasons than it might have been for you; but I hope that you have some or many good memories of the 2012 IFB and that you are planning on coming to the 2013 IFB; which will NOT be in May as is tradition. We will be having the Island Fantasy Ball on the 3rd week of April, on the 20th and 21st; still at Beban. The reason is soooo Canadian; there will be a hockey tournament at Beban in May when we usually host the ball. Go figure! Ok, hockey is cool too; but dancing, well dancing is just wonderful. I think that dancing originates in your soul and is expressed through your body to wonderful music which is also born in the soul and expressed through musicians and musical instruments and it's all so harmonious.....not too many body checks and no time outs or penalties!

Please make sure to put a big red circle around Saturday April 20th and Sunday April 21st on your calendar so that you remember to buy tickets! We will have an exciting lineup of competitors for 2013 for you to enjoy. Sponsorship opportunities will be available soon too, please feel free to contact myself or anyone on the organizing committee if you would like to present a trophy. We anticipate seeing you at the ball.

Yours in dancing,
Vicki Linfitt



Miha Vodicar / Nadiya Bychkova
IFB 2012



Adam Li and Ksenia Michtchenko
IFB 2012

Photos courtesy of
DancesportImages.com





Practice Makes Perfect– Nelson Wong

Maybe you can't remember that awesome routine you learned from last season's workshop or perhaps you can't see much improvement in your dancing even though you have taken so many dance classes. Do these scenarios sound familiar? If so, then the magic probably lies within the phrase "Practice Makes Perfect".

We often award the fault to our dance partner when our dancing isn't going well; this is commonly known as "pointing the finger". But, let's keep the finger pointed at ourselves and remember that dancing needs good teamwork with both partners 50 percent responsible. Allow me to share with you some ideas of making practice more rewarding for all social and competitive dancers. Here are some useful tips for the partnership:



Plan a regular practice schedule. Come to a consensus with your partner as to how much time you both wish to invest in practice sessions and stick to it;

Try to schedule a minimum of one practice session after each class or lesson to run through what you have just learned;

Before you can refine your dance steps, you must first know your routine(s) very well and be able to dance it;

When your dancing feels good, remember to give praise and tell your partner. Identifying, reinforcing and repeating good dance habits are more important than identifying problem(s);

When your dancing feels bad or awkward, try to describe to your partner the physical feeling of steps which are giving you trouble and if you can't fix the steps between the partnership, don't stay stuck – move on but remember to jot down the problem and work it out with your coach/instructor at the next class or lesson; and

Be patient with newly acquired techniques, take your time and dance them repeatedly. Set 20 times as your minimum repetition, until the movement becomes "muscle memory".

NBDS offers evening practices twice weekly. The practice sessions, Tuesdays at Nanoose Place and Thursdays at Bradley Centre, are open to both social and competitive dancers for a nominal drop-in fee of \$2.50 per person and is complimentary to NBDS members for the first time. For more information on times and dates, please visit the NBDS website at ballroomnanaimo.ca

Always treat your practice session as a physical workout. Put your body and feet to work during your entire practice session - ballroom dancing could be a sport after all. Don't give up even when your dancing didn't feel good and remember the magic phrase "Practice Makes Perfect". See you at practice!





Gabriola Dance Camp 2012

The dance camp tradition was back at Gabriola Island in June this year. That means a bunch of serious dancers of all levels got together with some fun-loving instructors and spent a great weekend dancing and learning some exciting new moves and techniques.

For the first time we invited Ari Levitt and partner Whitney from Seattle (at the right in the top photo). They introduced us to some very cool interpretations of slow blues music, then followed up with a great west coast swing workshop. Warren Scott fired everyone up with hot Latin Salsa session, and Gwen Spinks had everyone doing the tango. Regina Wende led yoga workshops every morning, John DePfyffer did a double session on his own “night club waltz”, and Elizabeth Stetar followed up with an extended workshop on swing. Fabulous instruction!



Many workshops this year featured back-to-back workshops on the same topic; this allowed dancers to not only get started on the basics but to continue with more intermediate level development of the rhythm and movements. Many dancers loved this weekend and said they were the best workshops they had ever attended.

Of course, at dance camps the main thing is fun, fun, fun. The “So You Think You Can Dance” competition for the pros attracted some young competitors who dazzled us all with great dancing. Here is (left to right) Gwen, Joel Wilson, Elizabeth, Tess Kumlin, Ari and Warren demonstrating close teamwork. The fun was amplified by a group from the U Vic Ballroom Dance Club who were ready to dance all night and then help with the decorations (and maybe help with future dance camps—see picture to left).



And of course, this IS Gabriola Island, so you never know how the spirit of the island will show up. While lined up for lunch, the lineup became a back-rub conga line!

Gwen reported recently that a fellow she ran into in Seattle had been at the Gabriola Dance Camp and

he told her that he enjoyed it immensely and just how friendly and kind the locals were. The dance camp teachers Ari & Whitney were also at the party and were raving how wonderful it was to teach on such a beautiful Island and that they felt very welcomed and well taken care of.



People came from as far away as Edmonton and Everett, plus the usual suspects from Courtenay to Victoria, and we all had a blast! Don't miss the next one!

John Maher and Gwen Spinks

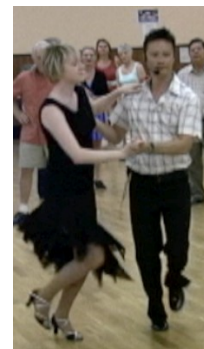




Dance Fest July 20-22, 2012

Held at Lighthouse Community Centre at Qualicum Bay, Dance Fest found 62 dancers registered for the weekend, 20 for Saturday only, and 26 dropped in at one or more of the dances. The event was organized by Brian Gaines, Brian Hicks, Andy Mundy and Mildred Shaw.

The event kicked off on Friday night with a ballroom/swing party dance with Brian Hicks as DJ, preceded by a salsa workshop taught by Warren Scott. There were four ballroom workshops scattered through the day on Saturday courtesy of Andy Mundy, Nelson Wong, John de Pfyffer (Victoria) and Ken Yung. The evening Saturday began with a waltz workshop (de Pfyffer) followed by a formal/semiformal dance with Andy Mundy as DJ. On Sunday there were two more ballroom workshops in the morning followed by a tea dance with Ken Yung as DJ.



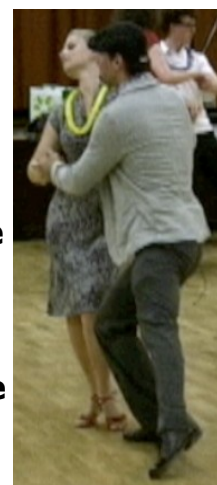
Dance Fest was an experiment in several ways. We have never used Lighthouse Community Centre before but they had contacted NBDS in April 2011 to say they had installed a 5,000 sq ft sprung wooden dance floor but had no dancers—could we help? The hall is a few minutes off the Island Highway, 10min north of Qualicum Beach, 30min north of Nanaimo, in a resort area with motels, camp sites and three restaurants close by. It

has a large parking lot with space for RVs, an excellent sound system, a commercial-quality kitchen, an excellent 5,000 sq ft dance floor, a 900 sq ft lounge, and a 900 sq ft practice room with wooden floor. It seemed well suited to a Dance Camp event, having good facilities, a variety of local accommodation, and a variety of nearby eating places such that we would not have to arrange catering. We decided to experiment with a weekend event on the usual dance camp lines but with the majority of the workshops focusing on international ballroom dances.

We also discovered that a local restaurant owner had run a cafeteria in the hall for some other events there and was willing to do so for Dance Fest. The prices were very reasonable and we gave them control of the kitchen area during the event to offer drinks, snacks and light meals.

Our budget projections showed that the event would break even with some 45 participants paying \$50, and we made that the early-bird price for a weekend pass. We also made provision for members to attend parts of the event, workshops and dances. We estimated that 70 participants could take a standard ballroom class in the space available, and 120 would not be overcrowded at a dance, and made those our upper limits.

Andy Mundy booked the instructors and DJs, Brian Hicks organized the Friday evening mixer, renting some DJ lighting to create the party atmosphere, and Brian Gaines and Mildred Shaw looked after registration and setup (and toilet cleaning/restocking when it turned out that was not included in the hall rental!).





We shot videos of the groupings taught by the instructors, uploaded them to YouTube, and linked them to the schedule on the Dance Fest web site (<http://ballroomnanaimo.ca/dancefest>) to make them available as an *aide memoire* to workshop participants.

The feedback from participants was very positive during and after the event with the most frequent comments being "do it again" and "there will be more next year when word gets around."

The only negative about the hall was lack of air conditioning. We had been concerned about having the same problems of overheating that we have at Nanoose in the summer but had been assured by the hall management that they had never had such problems. They had not

taken into account the heat generated by energetic dancers, and we were very fortunate indeed that the weather that week did not have the full heat of summer.

The cafeteria in the hall worked well for us but, unfortunately, not for the caterer as we did not generate enough revenue to cover their staffing costs.

However, for the participants and NBDS the

event went very well, as did the Gabriola Island Dance Camp in June. Many dancers attended both events and remarked that they were very different in character but equally enjoyable.

Whether NBDS holds future events of this nature will depend on there being volunteers willing to undertake the organization and management of the event. If you are interested then let next year's Board know—nothing will happen unless we have members enthusiastic to work at making it happen.



STILL DESIRED: VOLUNTEER BARTENDER FOR FIRST FRIDAY BOWEN DANCES!

The job is pretty simple really—make the beer cold and then sell it along with cider, glasses of wine and other beverages to our thirsty dancers. You don't even have to make change as our door volunteers sell tickets. Keep a supply of large cups, water and ice ready for the non-drinkers to serve themselves. Later some simple clean up. The bar coordinator will look after purchasing supplies and getting the license. Contact: John Maher at 250-758-5272 or johnmaher@shaw.ca. Free admission to the dance—a perk!

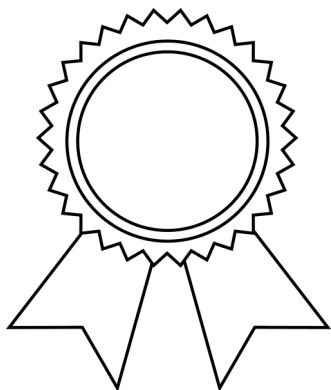
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"Gentlemen, remember the 15 second rule. When the music stops, you have 15 seconds to escort your partner back to her seat. If you're too slow, the music will start again and you'll be stuck for another dance." *This from an anonymous dance teacher addressing a dance class—tee hee.....*





About Medal Tests - Andy Mundy



Recently I was asked what is involved and how does one go about preparing for an amateur medal test?

Firstly, it is open to amateurs only, so those who teach lessons or classes are not able to enter. What is a medal test? Simply put, it is a measure of your proficiency by means of an assessment of your ability to achieve a certain standard in dancing. Entering into a medal test program gives structure to your learning, and goals to reach. It also improves your dancing on all levels. The personal satisfaction of achievement provides incentive for the non-competitor or social dancer to succeed without the added pressure of competition or performing in front of an audience.

There are various levels a dancer must progress through. The ballroom division of the CDTA, BC branch, offers student medal programs in both Standard Ballroom and Latin American dancing at bronze, silver, gold, gold star, and then gold stars 1 to 5. Other professional organizations offer similar medal test grades. A dancer cannot progress to a higher medal without having achieved the preceding one so, for example, a gold medalist will have previously been successful with bronze and silver awards.



At each level, there is a specified syllabus of figures which must be adhered to in the exam. For the student this means dancing a routine to music, comprising the syllabus figures at the level in question, in front of an accredited, independent examiner. Each figure in the syllabus must be learned and practiced to a proficient level, which means demonstrating the correct technique regarding positions of feet, footwork, alignment, amounts of turn, rise and fall, CBM, sway and timing.

To prepare for a medal test, it is essential to take lessons from a suitably qualified instructor who is able to enter students for tests with the professional organization of which the instructor is a member. Only such an instructor will be able to bring the student up to the required level to pass the exam. Depending on the student, it can take anything from a few months to a year to prepare for an exam, even at the lowest level. Patience, application, determination and lots of practice are essential ingredients for success.

For the examination, the student will often partner his or her instructor. However, there is no reason why students cannot dance together as a couple if they are both entering the exam, although it should be noted that students will be marked individually so a mistake by one dancer will not affect the mark given to the other. The exam is conducted in private – there is no audience and there are no distractions.

As with any examination students do make mistakes, but a mistake (or even a few) will not mean failure. The examiner will mark you accurately and fairly, and give written feedback on your performance. The results are usually available within 2 or 3 weeks and success in an exam is accompanied by a certificate and a medal to be proudly displayed.



Andy Mundy





Getting the Most from Your Dance Lessons

Dan Pittman

Dance students naturally want to get the most they can from their lessons, but often lack a clear understanding of how to do so. In fact, any student's progress depends mostly upon how they approach and use their lessons. Fast, complete and efficient progress will result only from a logical and structured approach to learning.

Set a Goal

Quite simply, unless both the instructor and the student have a clear understanding of the skills and abilities that are to be developed, then progress suffers. A frank discussion of goals and the formation of a solid teaching plan are essential.

Correct Frame of Mind

The student-teacher relationship is one of both physical and mental participation. Knowledge can only be gained through focused attention and a willingness to learn. Students should take care to apply themselves to the task at hand, and to do their best to perform the new elements according to their instructor's direction.

Concentration and Focus

Sometimes students, in a desire to "do everything right", will focus on one facet of dancing while the instructor is attempting to work on another. The experienced instructor will not expect their students to correctly perform all of their old skills while learning something new. The student should direct their attention only to the topic which the instructor has chosen, and the instructor will later amalgamate the new knowledge with the old.

Allow the Instructor to Teach

The student is wasting their instructor's skills if they do not allow the instructor to exercise their own judgment and abilities. Many students, who would not dream of telling their doctor what medicine to prescribe or their mechanic how to repair their car, will not hesitate to tell their instructor which part of their dancing most needs attention, and how they should be taught. Instead, the instructor should be given rein to teach as they see fit, so long as they are working to the best of their abilities towards the student's goals. If this path does not yield the desired results, then another instructor should be found.

Remember also that learning to dance is different from learning pure mental skills -- sometimes understanding comes only after correct performance, instead of the other way around. The student should always try to allow the instructor to complete a presentation, since quite often full understanding dawns only when the presentation is complete and a "feel" for the action is obtained. If at that point the student does not understand, then they should ask for clarification. Otherwise, they should try to allow the instructor to exercise their professional skills -- after all, that is what they were hired to do in the first place.





Practice

Practice is probably the most under-rated aspect of a student's learning. Those students who apply themselves to their practice invariably show more consistent progress than those who do not. Students of tennis, skiing, martial arts, music, golf, or most other physical pursuits consider practice an integral part of their learning, but all too often students of social dance do not. The human mind can consciously demand only so much of the body at one time, and is not capable of simultaneously monitoring or directing more than one or two aspects of the body's movement.

In order to correctly perform several different dance elements, the body must be able to function independently of concentration -- in other words, good dancing skills must be habitual. Habits can only be formed through repetition. This can also be a pitfall, since a repeated action will become habit whether that action is desirable or not! Care must be taken to ensure that **CORRECT** performance is practiced **AT LEAST 50% OF THE TIME**, since the body will "remember" those actions which it has performed **MOST OFTEN**.

Regularity

Regularity also has a bearing on progress, since too much time between lessons breaks up the continuity of the learning progress, allows the student to forget too much of any lesson's instruction, and forces the instructor to unnecessarily repeat topics.

Variety

A) Instructors

Just as a single sculpture may be described in different ways by observers with different points of view, so may many dancing elements be described or approached in many different ways, serving to develop a more complete and thorough understanding. However, one instructor should be chosen to be the main guide to a student's progress, serving as a "manager" for that student's overall learning. (Beware of instructors who advise you only to take lessons from themselves!)

B) Lesson Types

Smart students also participate in different types of lessons; private lessons, group classes, practice sessions, coaching lessons and workshops all serve to strengthen, reinforce, and diversify the student's learning.

C) Partners

A variety of partners serves to broaden dancing skills. Dependence upon a single partner can lead to the formation of weaknesses, since when a certain aspect of dancing is not challenged or used, it atrophies. A variety of partners tend to challenge a student's skills in a larger number of situations than most single partners can provide.

Read more: Dance Lessons - Maximum Benefit <http://www.centralhome.com/ballroomcountry/dance-lessons.htm#ixzz26sFzWh2g>

