



THE DANCE FAMILY STUDIO

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Top Ten Tips For Your First Dance

By Francisco and Stacey Martinez, Co-Owners of The Dance Family Studio, Pasadena

1. If there is not a song that is "your song," take a look at the list below that might give you some suggestions.
2. Wear the shoes you will be wearing on your wedding day to practice. If they are not available, ladies wear a shoe with the same height of heel, and same sole, if possible. This will help take any surprises out of that day.
3. Find instructors who enjoy working with first time dancers.
4. If you have the time, start with group classes first. Then, when you start private lessons, your time one-on-one with your instructor will be spent on choreography versus instruction. This is the most efficient use of your time (and money).
5. Find instructors you like. So much more can be learned when the anxiety and stress of a first-time experience is alleviated.
6. Ladies, consider your dress. Remember that some dresses can make it difficult to reach back with your leg. Some dresses are full at the bottom so when making a turn you'll need to make allowances for the dress to come around a few seconds later.
7. In addition, ladies consider your veil, tiaras and high hair-do's. The gentleman will benefit by knowing ahead of time how high he needs to reach over your head when turning you.
8. Practice while smiling. Practice while smiling again. If you blow it in practice, remember, "a terrible dress rehearsal makes for a great performance." Don't practice on your wedding day.
9. Take the opportunity to practice in a group class setting. All of the wedding packages offered at the Dance Family Studio come with free group classes.
10. On the day of your wedding, when in doubt, smile. The crowd will be looking at your smiles and your reaction to one another. (Bonus: It's a great way to take the attention off of any missed steps!)