



Am I Ready For The Next Level? 😞

This guide is offered to be as helpful and inclusive as possible. We aim to make your learning experience the absolute best it can be.

Beginner Class (Level 1)

No prior dance experience required, drop in anytime format. Designed to go from "Zero", to, "I Can Dance!" with simple instructions that build a solid foundation. We bring a well-rounded experience in each of the swing dance styles to prepare you for bigger and better things to come!

Required Experience to participate:

You can laugh 🤔, you are human, you can move 😊

Seasoned Beginner Class (Level 1.5)

Suitable for people who are picking up the moves and rhythms in the beginner class easily and are hungry for more. Not designed for brand new dancers, but to get those who have some experience to the next level. The class content is generally designed to follow on from the beginner class as a natural progression, so participation in both is encouraged.

If in doubt as to whether this class is appropriate, please ask us if you're ready to progress.

Required Experience to participate:

You participated in the Beginner Class and found the rhythm of the steps easy to follow and flowed with ease throughout the class. You are wanting more 😊, and don't believe the extra challenge will be overwhelming 😞.

Intermediate Class (Level 2)

Suitable for experienced dancers looking for a challenge and to go out dancing socially, you find the seasoned beginner class to be very comfortable in each style of swing rhythm and movement 😊.

This class is now 1 hour instead of 75 minutes, but when you combine the Seasoned Beginner class with it, you actually get 100 minutes of class time, with a solid hour of that, being without people who aren't ready, jumping into the more advanced class and slowing down the progress 😞.

You can of course, still do the beginner class as well, and we encourage that as a great warm up and good Samaritan act 😊, so there is 2 hrs and 40 mins of class time on offer here still for the same price as the Level 2 class! 👍

If in doubt as to whether this class is appropriate, please ask us if you're ready to progress.

Required Experience to participate:

You are comfortable with the basics of each of the different Swing Dance styles.

You can dance without confusing the rhythms of each of these:

6 beat rhythm with Kick Lands, and 6 beat rhythm with Triple Steps

8 beat rhythm with Triple Steps

Charleston

Balboa, Collegiate Shag, Blues (these three are desirable, but not compulsory – talk to us about it if you don't know them)

You are wanting more and feel confident that the extra challenge will be welcome, satisfying 😊, and not overwhelming 😞.

Advanced Class (Level 3)

Suitable for people who regularly attend Level 2 classes, and are regular social swing dancers 😊,

You easily take in the content from the Intermediate classes, you apply it socially on the dance floor and are craving a higher challenge. This class explores complicated movement, wider concepts of expressing different moments in the music and not just standard swing dance moves. It involves thinking outside the box, breaking rules, & problem solving. This class generally will not involve the teacher calling the moves, but more observing and advising individually, as you incorporate the content into your own dancing.

Required Experience to participate:

You are comfortable with each of the different Swing Dance styles, you often dance socially switching from one style to another within the same dance as it is all as natural as breathing 😊.

You are confident to dance with anyone, and you are constantly looking for that extra challenge, like footwork variations or adding your own voice to the dance conversation with added variations not interfering with your partner's movements. 😞

How do I speed up my progress so that I am ready to go up a level?

The fastest way to progress, by far, is to practice!

If you take what you have learned home, and practice there, it cements your understanding so much faster, and more deeply, than just attending classes.

It is worth its weight in gold.

Rhythm

First and foremost, practice the rhythm! Alone, with a partner, (it doesn't matter which) practice on the spot, in the directions taught in the class, backwards, forwards, sideways, rotating!

We can't stress this enough, if the rhythm becomes part of your muscle memory, your progress hits Turbo acceleration!

Dance Moves

Dancing the moves with and/or without a partner. Practice until you don't have to think about the moves anymore, because your body is now on auto-pilot. The moves are in your muscle-memory and you can start to enjoy how good the moves feel to dance, instead of concentrating on how to successfully perform the moves.

If you practice away from class, your time in class will be more valuable as you refine leading/following concepts you are being shown and are able to work on micro-movement that makes all the difference.

What does this mean???

If you think of the dance moves themselves as macro-movement (the overall concept of completing a move – getting the rhythm right, stepping in the right direction and turning/swapping sides when you are meant to)

This is the sort of thing we want you to be able to do easily so we can refine your dancing in class with the smaller but really important aspects of micro-movement.

This is best explained as where the leading and following aspects come in;

Left-brained: how the applying and releasing of force (tension/compression or pushing/pulling), applied at the right moments, greatly influences how effectively/easily/pleasurably a dance move is performed.

Right-brained: the subtle pressure and timing used to make a dance move feel easy and amazing!

Private Lessons and Group Lessons

As good as at home practice is, it is only as effective as how good the technique is that you are practising.

Private lessons, if you can afford them, are excellent to learn at a level keeping pace with your individual potential.

Group lessons are more affordable, and while more an overall lesson, give you the opportunity to lead and follow in many different ways as each person is different and you get to work on your skills in any situation with any partner.

Dancing with lots of different people

As good as it feels to know your regular dance partner (if you have one) intimately (in a dance sense), it also leads to limitations in your dancing skills if you don't branch out and regularly dance with others.

If you only dance with one partner, you tend to get tunnel vision as you get to know your partner better and better.

You start to be able to predict what your partner will do (as we all form patterns) and listen to each other less because you think you know what is coming, or expected.

This becomes obvious when you occasionally dance with someone new and this partner does something you didn't expect, and both of you are looking at each other wondering what went wrong!

You can absolutely have a regular dance/practice partner, but dance with different people, often, to keep your lead/follow skills honed.

Social Dancing

Do this as soon as you can, as often as you can!

It is scary and daunting to begin with, but everyone remembers what it was like as a beginner and most people are very understanding, accommodating, and willing to welcome you into the swing dance community.

Overall, it is a very safe space full of friendly and enthusiastic people sharing their love of this wonderful dance!

Our social dance - Swing On High, is held monthly on the third Saturday and is filled with students you will know from our classes and some wonderful people from the wider swing dance community who like to call this dance "Home"

Come and be part of the family 😊.